

Impetus



IE500

USER MANUAL

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INTRODUCTION / IMPORTANT INFORMATION

A. Introduction

This user manual contains assembly, operation, maintenance and safety information.

Please read and retain this manual for future reference.

B. Safety guidelines

- a. Read the user manual and all accompanying literature. Follow it carefully before using your machine.
- b. This machine is intended for indoor home or commercial location use only.
- c. Inspect your exercise machine prior to exercising to ensure that all parts are tightened.
- d. Make sure the trainer is stable on the floor. Avoid uneven surfaces.
- e. Keep children under age of 14 and pets away from the exercise trainer at all times.
- f. Exercise equipment has moving parts. Keep others, especially children, at a safe distance while exercise.
- g. Make sure all devices are fully adjusted before use to avoid injury.
- h. Remove all jewelry, including rings, chains and pins before exercising.
- i. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become caught in the moving parts of your exercise machine.
- j. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent muscle strain.
- k. Never hold your breath while exercising. You should breathe at a normal rate in conjunction with the level of exercise being performed.
- l. Rest adequately between workouts. Muscles tone and develop during these rest periods.

IMPORTANT:

THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR EQUIPMENT IS 150 KGS.

WARNING:

Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician.

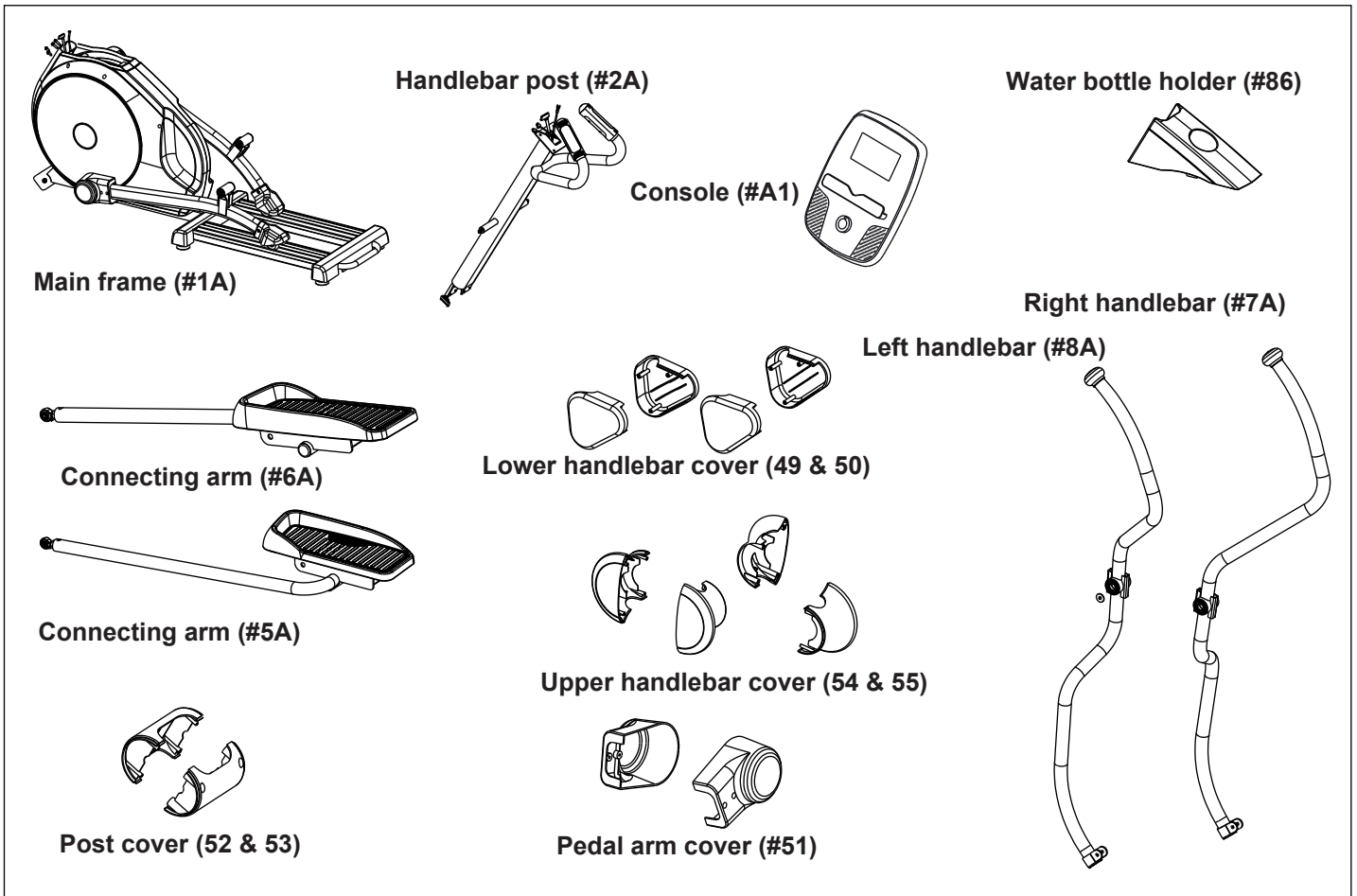
The safety level of the equipment can be maintained only if it is examined regularly for damaged and wear.

The appliances are not for children under age of 14.

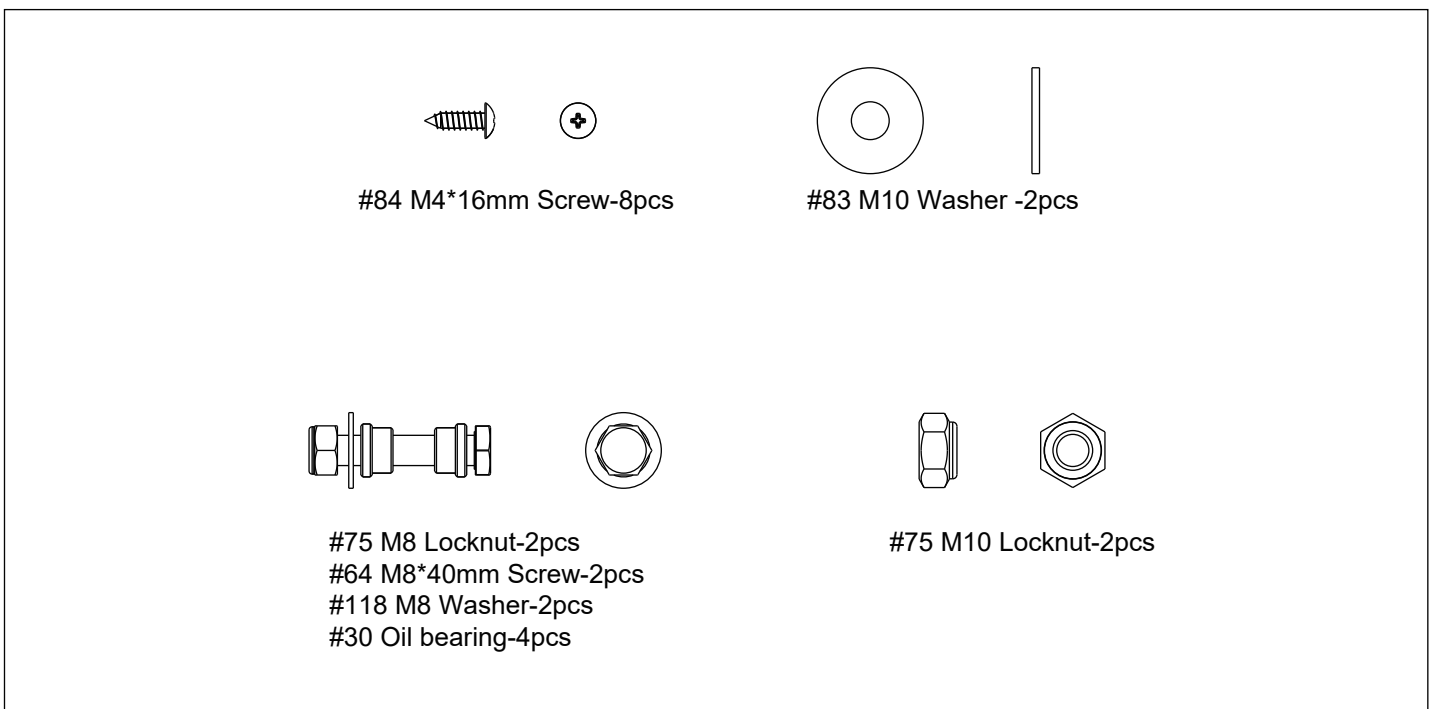
IMPORTANT:

Read all instructions carefully. Assemble the unit in accordance with the steps in the manual. Lay out all parts on the floor and check if you have all the parts included completely before beginning assembly. In case of a discrepancy, please contact the customer service department

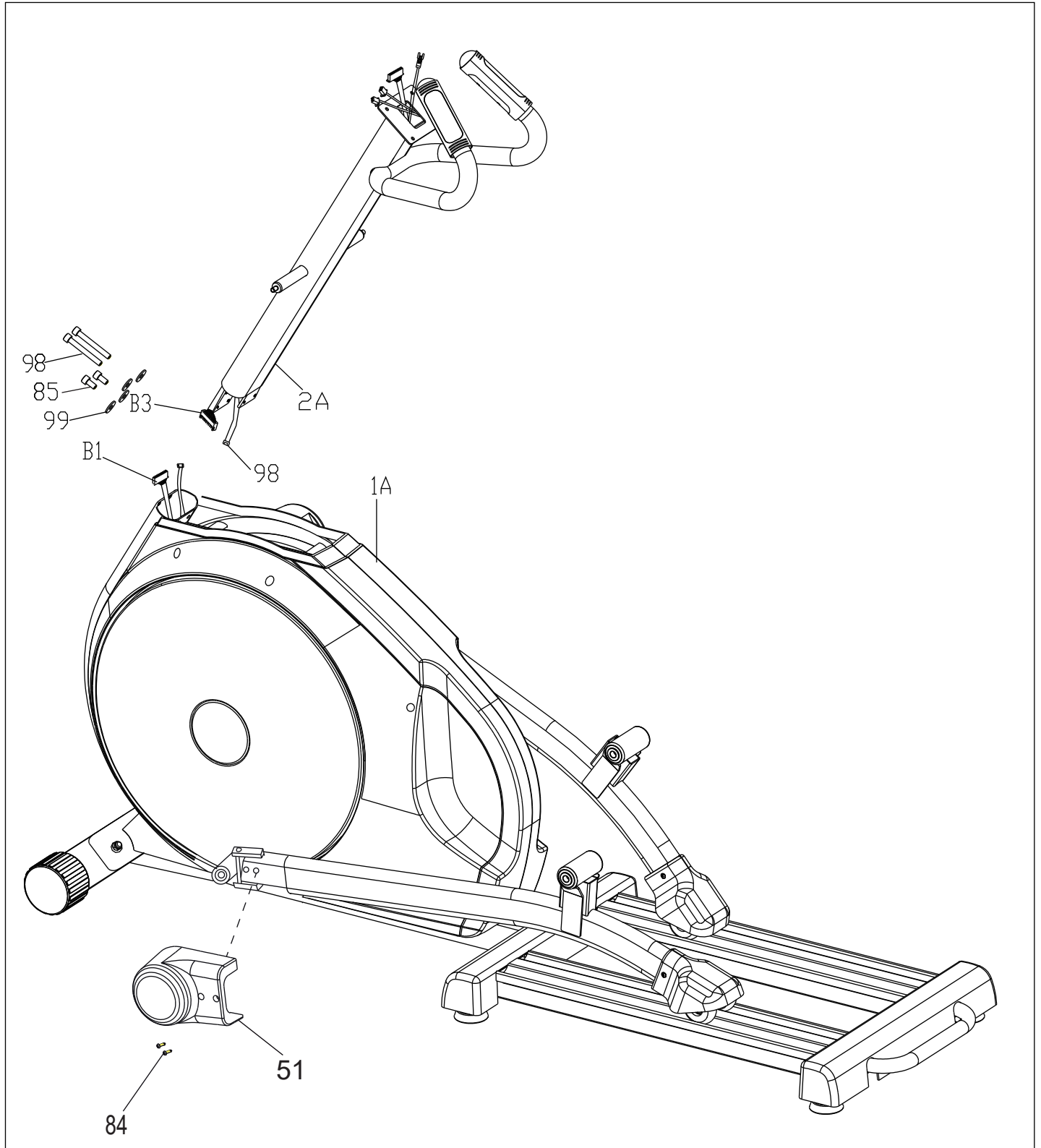
PACKING LIST



HARDWARE PACK PACKING LIST

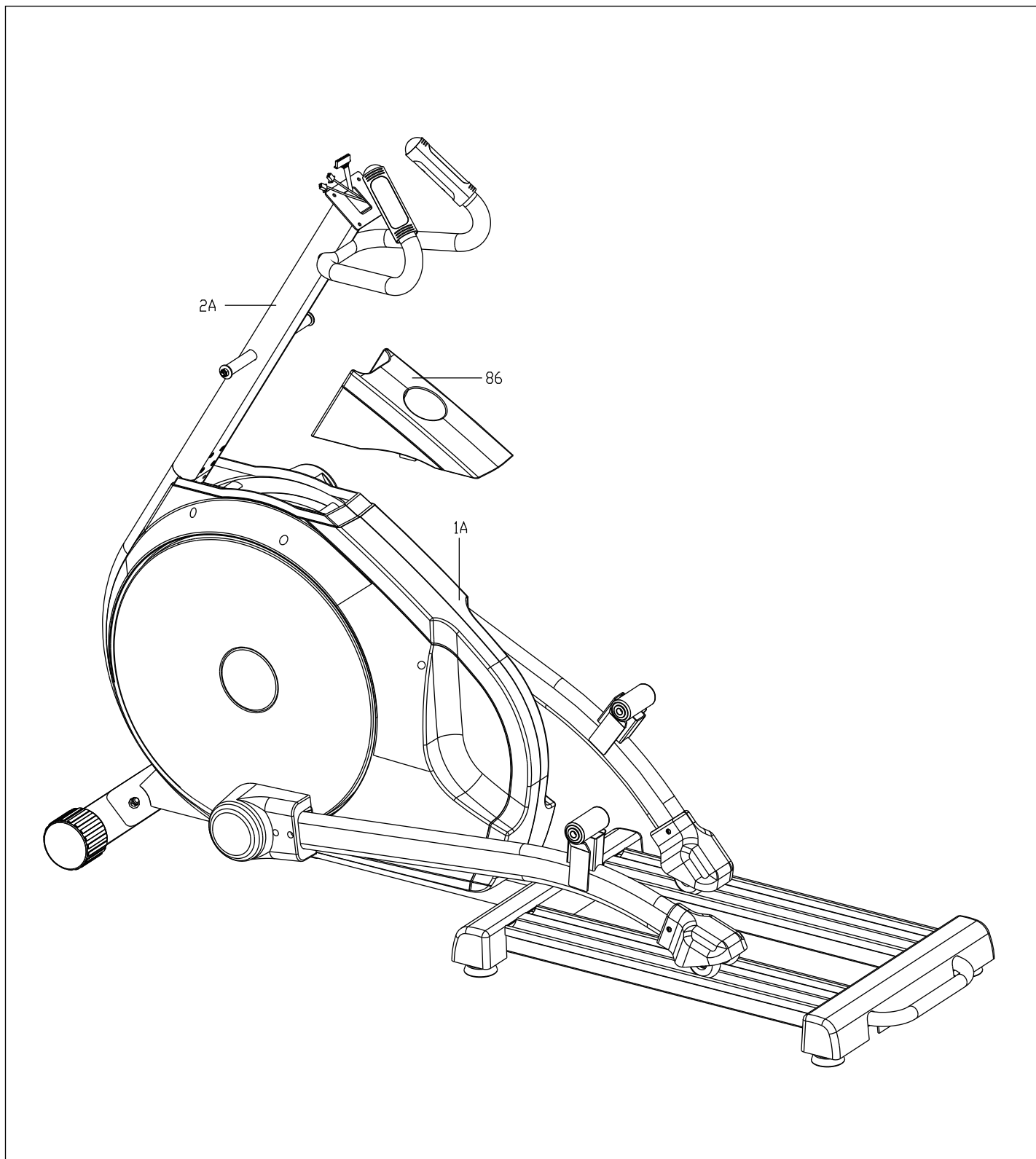


ASSEMBLY INSTRUCTIONS
STEP 1



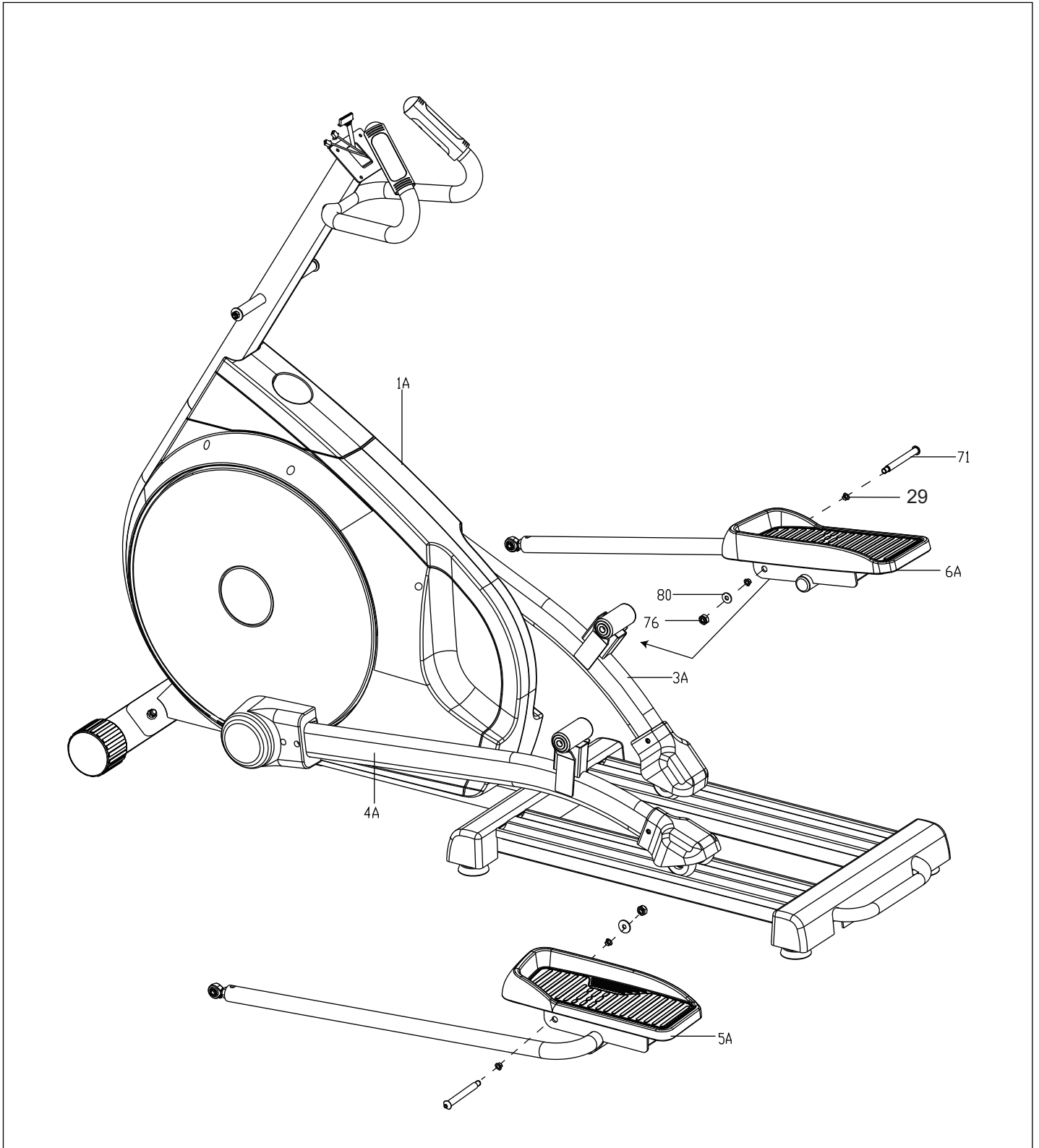
1. Attach the **PEDAL ARM COVER (#51)** to the **PEDAL ARM** using **SCREW (#84)**.
2. Connect **WIRES (#98 & B3)** to **WIRES (#B1)**.
3. Attach the **HANDLEBAR POST (#2A)** to the **MAIN FRAME (#1A)** using 2 **SCREWS (#98)**, 2 **SCREWS (#85)** and 2 **WASHERS (#99)**.

STEP 2



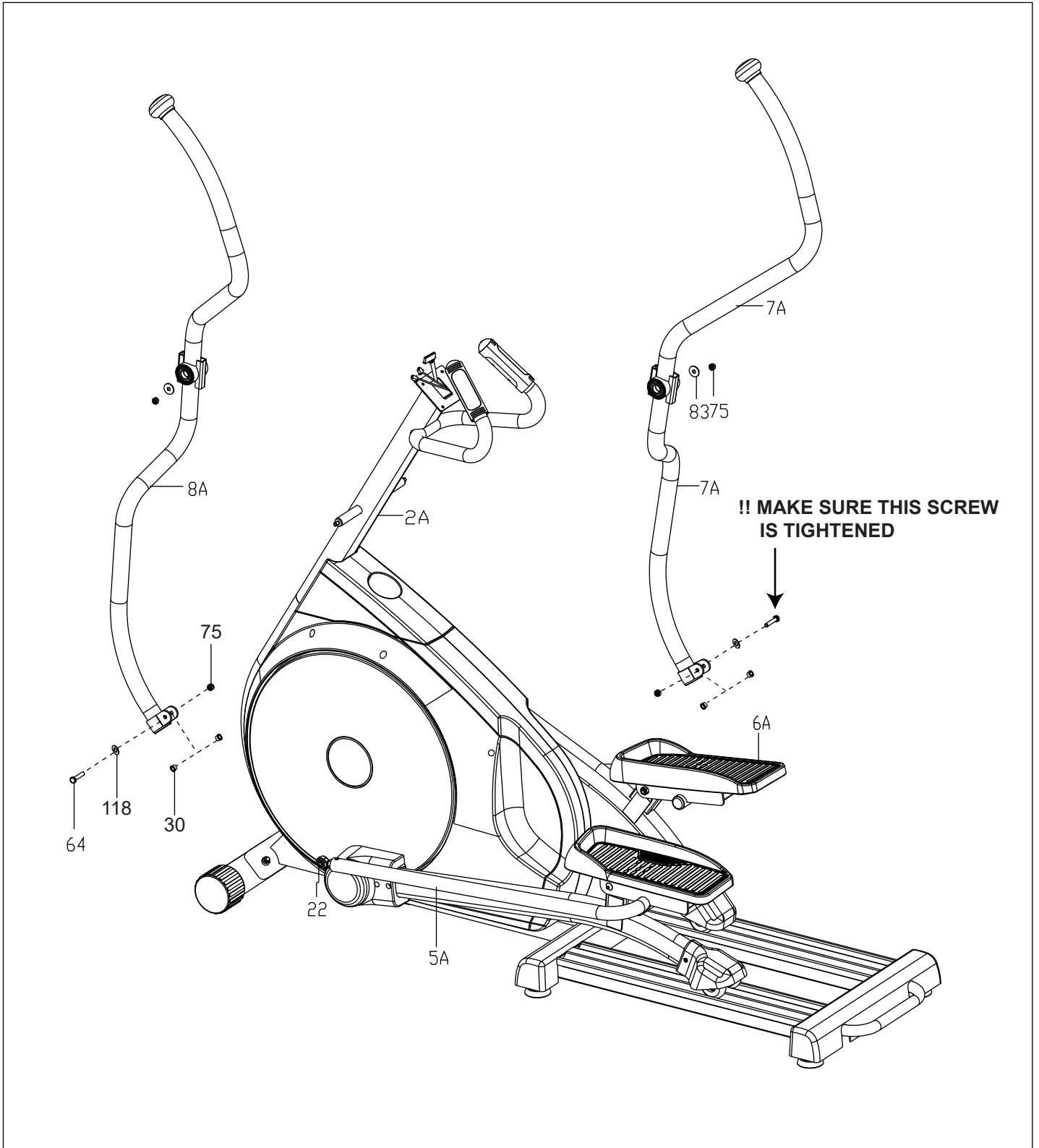
1. Attach the **WATER BOTTLE HOLDER (#86)** to the **MAIN FRAME (#1A)**.

STEP 3



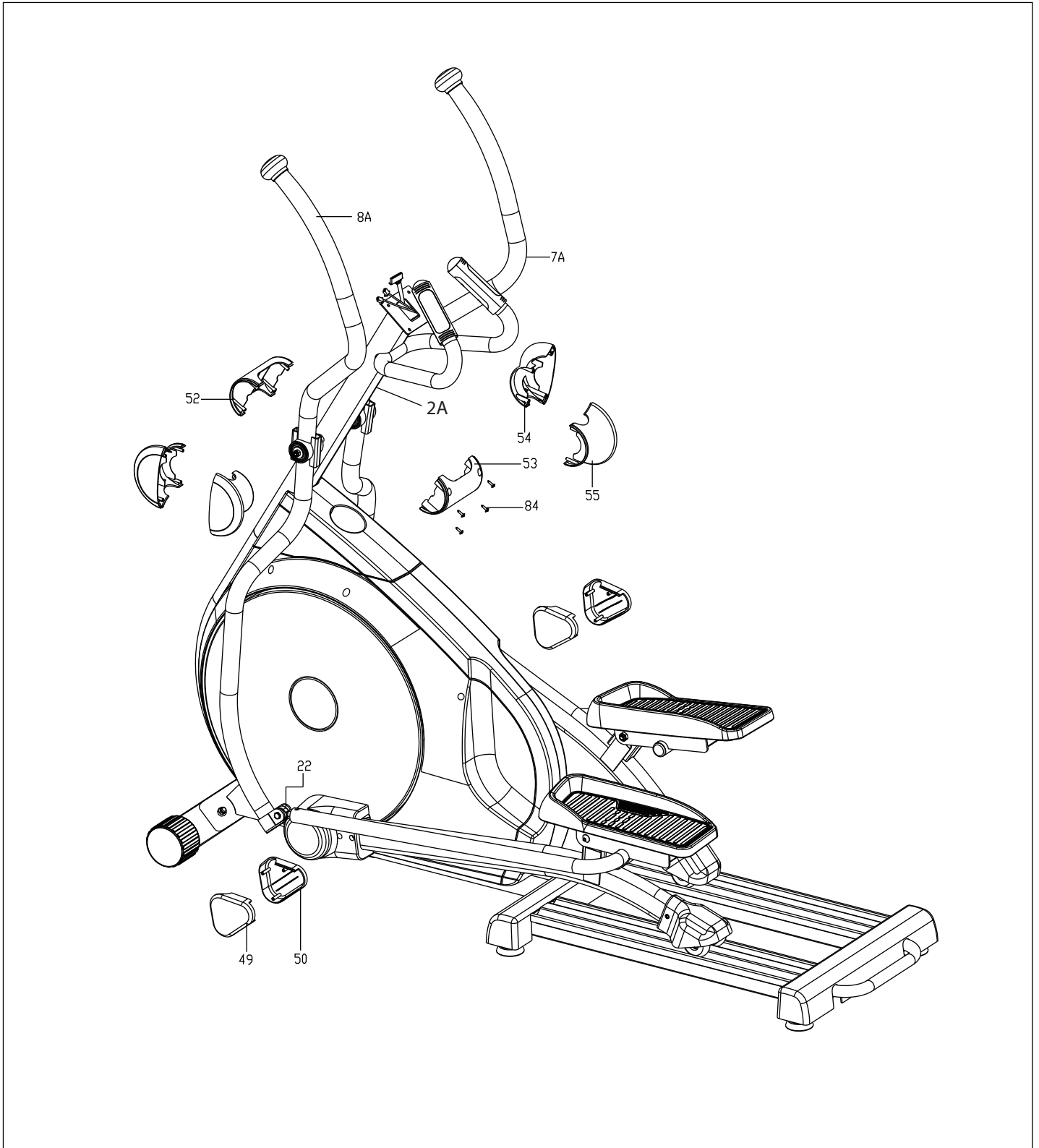
1. Remove the pre-installed **SCREW (#71)**, **WASHER (#80)** and **NUT (#76)** from the **CONNECTING ARM (#5A)**.
2. Attach the **CONNECTING ARM (#5A)** to the **PEDAL ARM (#4A)** using a **SCREW (#71)**, a **WASHER (#80)** and a **NUT (#76)** removed earlier. Make sure **BUSHING (#29)** is attached on the **PEDAL ARM (#4A)** as the graph shown before the assembly.
3. Repeat the above steps on the other side.

STEP 4



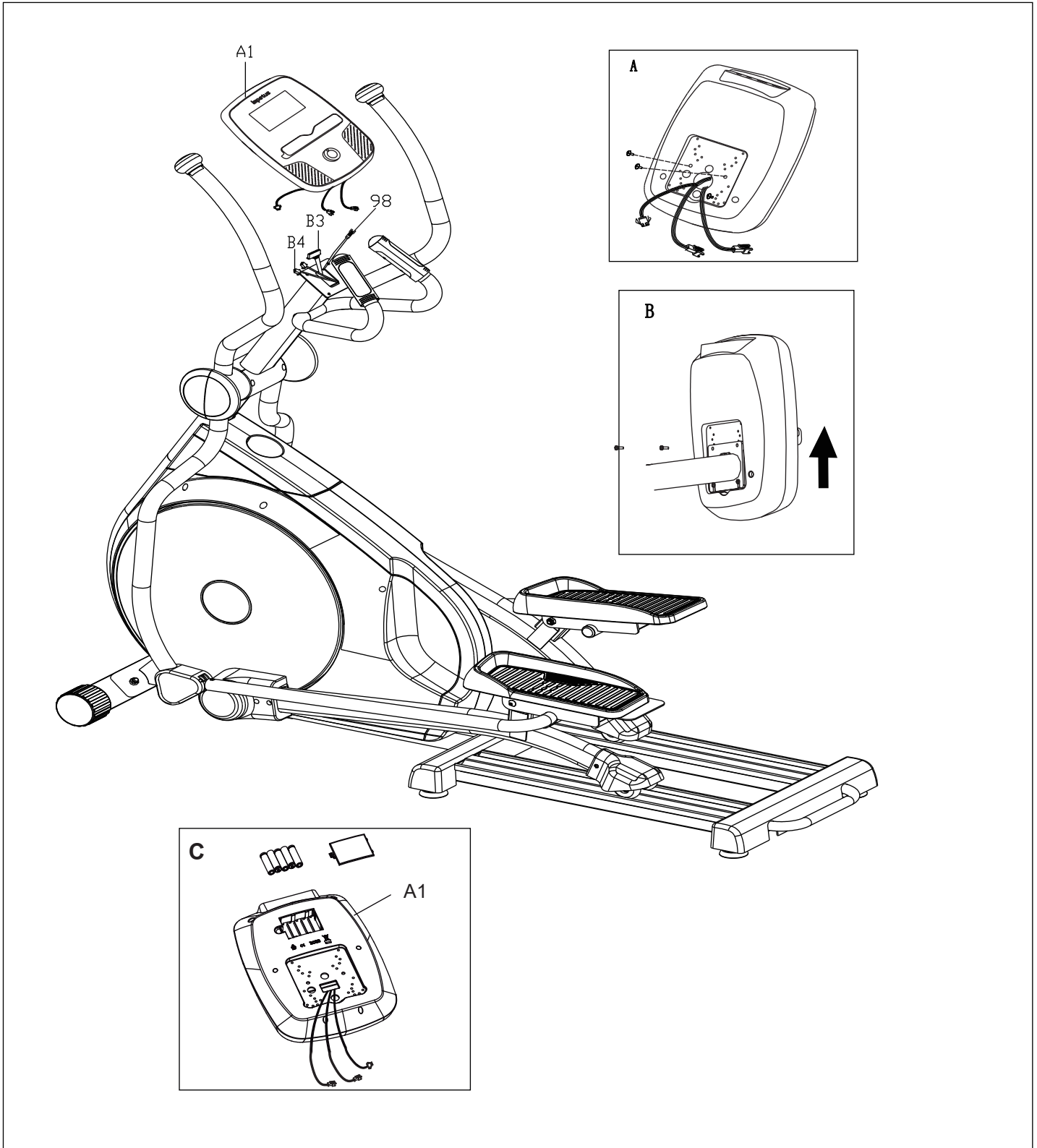
1. Attach the **LEFT HANDLEBAR (#8A)** to the **HANDLEBAR POST (#2A)** using 1 **WASHER (#83)** and 1 **NUT (#75)**.
2. Connect the **lower LEFT HANDLEBAR (#8A)** to the **UNIVERSAL JOINT (#22)** using 2 **BUSHING (#30)**, 1 **WASHER (#118)**, 1 **SCREW (#64)** and 1 **NUT (#75)** as the picture shown.
3. !! Make sure the **SCREW (#64)** is tightened enough so there is no extra space inside.
4. Repeat the above steps on the other side.

STEP 5



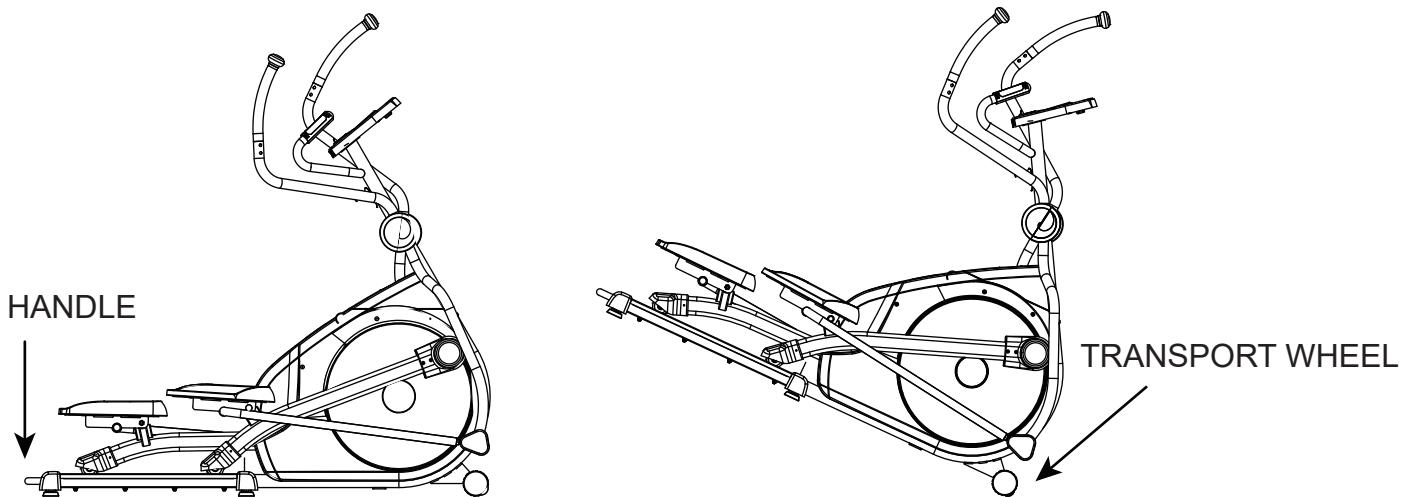
1. Attach the **FRONT POST COVER (#52)** and **REAR POST COVER (#53)** to the **HANDLEBAR POST (#2A)** using 4 **SCREWS (#84)**.
2. Attach the **UPPER HANDLEBAR COVER (#54 & #55)** to the **RIGHT HANDLEBAR (#7A)**.
3. Install the **LOWER HANDLEBAR COVER (#49 & #50)** at the **UNIVERSAL JOINT (#22)**.
4. Repeat the above 2 steps on the other side.

STEP 6



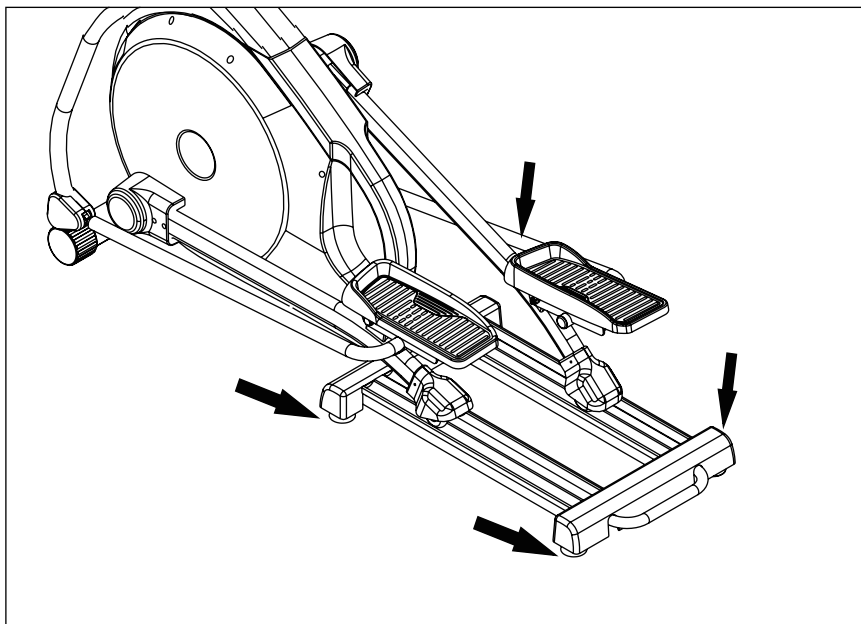
1. Un-screw the top 2 **SCREWS** at the back of the **CONSOLE (#A1)**, and loosen the bottom 2 **SCREWS** without removing them.
2. Slide the **CONSOLE (#A1)** onto the bracket as the graph shown.
3. Adjust the alignment of the **CONSOLE (#A1)**, and tighten 4 **SCREWS** at the back of the **CONSOLE (#A1)**.
4. Insert 4 batteries into the **CONSOLE (#A1)** as the graph shown.

HOW TO MOVE THE TRAINER



1. Hold the handle and lift the trainer up, so the transport wheels touch the floor.
2. Move the trainer to your designated position while lifting the trainer.
3. Carefully let down the trainer.

HOW TO ADJUST THE BALANCE OF THE TRAINER

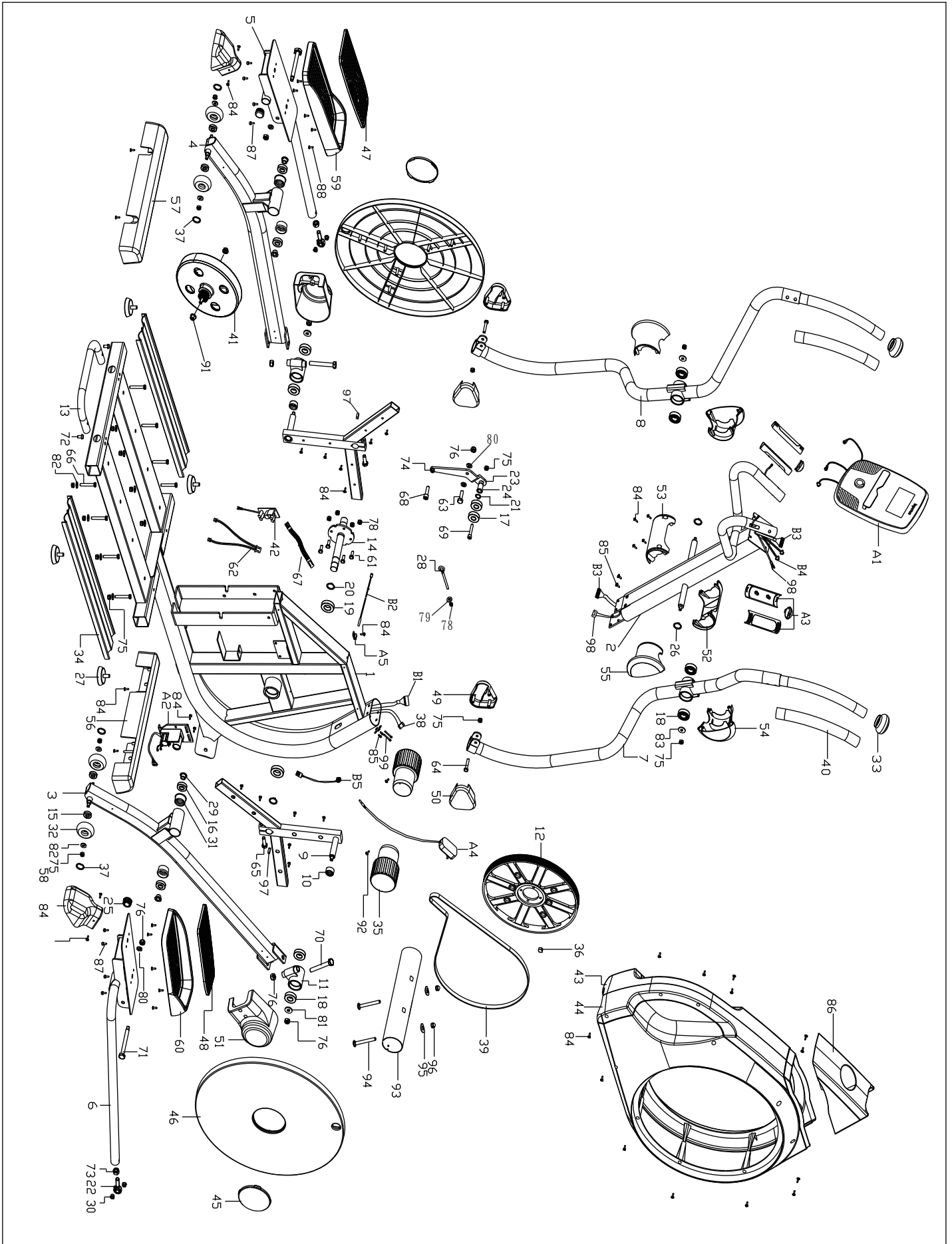


Make sure the trainer is placed on the flat floor, and rotate the leveling foot clockwise or counter-clock wise, so the leveling foot touches the floor.

ADDITIONAL INFORMATION

1. The trainer requires an 9V, 1.3A adaptor.
2. When the trainer is idle for 4 minutes, it enters power save mode, and the workout result is stored until the next workout.
3. To reset the console, replug in the adaptor.

EXPLODED VIEW



PART LIST

No.	DESCRIPTION	Q'ty	No.	DESCRIPTION	Q'ty
1	MAIN FRAME	1	56	MIDDLE STABILIZER COVER	1
2	HANDLEBAR POST	1	57	REAR STABILIZER COVER	1
3	PEDAL ARM (R)	1	58	MOVING WHEEL COVER	1
4	PEDAL ARM (L)	1	59	PEDAL BASE (L)	1
5	CONNECTING ARM (L)	1	60	PEDAL BASE (R)	1
6	CONNECTING ARM (R)	1	61	HEX BOLT M6*20L	4
7	HANDLEBAR (R)	1	62	HEX BOLT M6*40L	1
8	HANDLEBAR (L)	1	63	HEX BOLT M10*35L	1
9	CRANK	2	64	HEX BOLT M8*40L	2
10	SLEEVE	2	65	HEX BOLT M10*40L	2
11	CRANK CONNECTING SHAFT	2	66	HEX BOLT M8*55L	8
12	PULLEY WHEEL	1	67	HEX BOLT M8*120L	1
13	LIFT HANDLE	1	68	ROUND HEAD ALLEN BOLT M10*35L	1
14	AXLE	1	69	ROUND HEAD ALLEN BOLT M8*45L	1
15	BEARING 6001ZZ 6001ZZ	4	70	HEX BOLT M12*95L	2
16	BEARING 6001ZZ 6201ZZ	4	71	BOLT Ø12*M10*134.7	2
17	BEARING 6203ZZ 6203ZZ	2	72	FLAT HEAD ALLEN BOLT M8*25	2
18	BEARING 6004ZZ 6004ZZ	8	73	HEX NUT M12	2
19	BEARING 6005ZZ 6005ZZ	2	74	HEX NUT M10	1
20	C-RING C25	2	75	NYLON LOCK NUT M8	18
21	C-RING C17	1	76	NYLON LOCK NUT M10	7
22	UNIVERSAL JOINT M12	2	77	HEX WRENCH 15/19	1
23	IDLE ARM T6.0	1	78	NYLON LOCK NUT M6	5
24	IDLE SHAFT Ø20*35	1	79	WASHER Ø6.5*Ø12*T1.5	1
25	CAP Ø31.5*Ø30.5*17.3	2	80	WASHER Ø10.5*Ø20*T2.0	3
26	C-RING C20	2	81	WASHER Ø10.5*Ø28*T2.0	2
27	LEVELING FOOT	4	82	WASHER Ø8.4*Ø20*T2.0	20
28	SCREW M6*50.8*80	1	83	WASHER Ø8.4*Ø28*T2.0	2
29	OIL BEARING Ø24*Ø17*Ø22*12	4	84	FLAT HEAD SELF-TAP SCREW M4*16	42
30	OIL BEARING Ø14*Ø12*Ø8*8.5Ø	4	85	FLAT HEAD ALLEN BOLT M8*16	6
31	BEARING TUBE Ø42*20	4	86	WATER BOTTLE HOLDER	1
32	MOVING WHEEL Ø65*Ø12*24	4	87	ALLEN SCREW M6*10	8
33	CAP Ø64.5*42.5	2	88	FLAT HEAD SELF-TAP SCREW M4*10	10
34	SLIDING RAIL 678MM	2	89	ALLEN KEY M5/M6	1
35	MOVING WHEEL Ø97*126.5	2	90	WRENCH	1
36	SENSOR MAGNET	1	91	FLANGE NUT 3/8*26UNF*7T	2
37	C-RING C28	4	92	FLAT HEAD SELF-TAP SCREW M4*16	2
38	MAGNET 25*40*10	8	93	FRONT STABILIZER N76*T2.0*365	1
39	BELT 580-J6	1	94	BOLT M10*P1.5*88MM (L37.5)	2
40	FORM GRIP	2	95	ARC WASHER Ø10.5*Ø23*T1.5	2
41	MAGNETIC FLYWHEEL	1	96	DOM NUT M10	2
42	CONTROLLER	1	97	FLAT KEY 6*6*20	2
43	CHAIN COVER (L)	1	98	FLAT HEAD ALLEN BOLT M8*65	2
44	CHAIN COVER (R)	1	99	WASHER Ø8.5*Ø17*1.3	4
45	DISK HOLE CAP	1	A1	CONSOLE	1
46	DISK	2	A2	TESNSION MOTOR	1
47	PEDAL (L)	1	A3	HAND PULSE HOLDER	2
48	PEDAL (R)	1	A4	ADAPTER	1
49	HAND RAIL DOWN COVER (L)	1	A5	SENSOR BLOCK 22.2*10*2.2	1
50	HAND RAIL DOWN COVER (R)	1	B1	COMPUTER LOWER WIRE 800MM	1
51	PEDAL ARM FRONT COVER	2	B2	SENSOR WIRE 200MM	1
52	FRONT TUBE FRONT COVER	1	B3	UPPER WIRE 850MM	1
53	53 Front tube rear cover 1	1	B4	HAND PULSE WIRE 700MM*2	2
54	HAND RAIL MIDDLE COVER FRONT	1	B5	WIRE 850L(3P F+D.CSOCKET)	1
55	HAND RAIL MIDDLE COVER REAR	1			

WARM UP / COOL DOWN

Suggested Stretches

The following stretches provide a good warm-up and cool-down. Move slowly as you stretch.

Ham String Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs. .



Stretches: Hamstring, Lower Back and Groin

Inner Thigh Stretch

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.



Stretches: Quadriceps and Hip Muscles

Toe Touches

Stand with your knees bend slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.



Stretch: Hamstring, Back of Knees, Back

Quadriceps Stretch

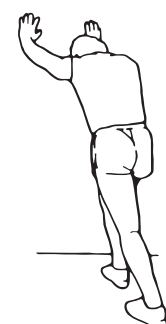
Stand on one foot with one hand hold onto the wall to balance, raise the other foot behind you, and pull up your foot as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times.



Stretch: Quadriceps muscles, Hip muscle

Calf/Achilles Stretch

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching the Achilles tendons, slightly bend back leg as well.



Stretch: Lower legs, Achilles tendons, and Ankles

CLEANING & MAINTENANCE

Inspect and tighten all parts of the exercise trainer regularly. Replace any worn parts immediately.

To clean the exercise trainer, use damp cloth and a small amount of mild soap.

IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

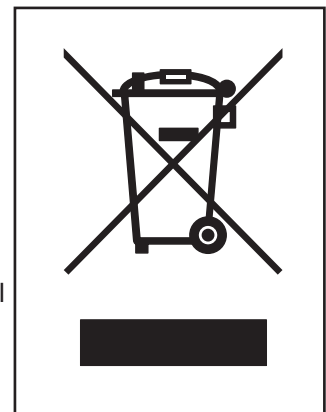
CONSOLE TROUBLESHOOTING

Read console troubleshooting section in the console manual for assistance.

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To pre-serve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



Impetus



IE500

USER MANUAL

SADRŽAJ

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UVOD/VAŽNE INFORMACIJE

A. Uvod

Ovaj priručnik za korištenje sadrži upute za satavljanje, korištenje, održavanje i sigurnosne mjere

B. Sigurnosne mjere

- a. Pročitajte priručnik za korištenje i svu dodatnu literaturu.
- b. Ova sprava je namijenjena za korištenje u zatvorenom prostoru (kućna ili komercijalna upotreba)
- c. Provjerite spravu prije korištenja kako bi bili sigurni da sus vi dijelovi dobro pričvršćeni.
- d. Postavite trenažer na ravnu podlogu.
- e. Udaljte djecu mlađu od 14 godina i kućne ljubimce dok je trenažer u funkciji
- f. Ovaj trenažer sadrži pokretne dijelove. Držite djecu podalje od sprave dok je u funkciji
- g. Provjerite da je sve dobro podešeno kako biste izbjegli ozlijede.
- h. Skinite sav nakit prije vježbanja.
- i. Uvijek nosite prikladnu odjeću i obuću tijekom vježbanja. Nemojte nositi labavu odjeću kako nebi zapela za spravu.
- j. Zagrijte se 5 - 10 minuta prije svake vježbe i ohladite se 5 - 10 minuta nakon treninga kako bi se vaš puls postepeno povisio i snizio kako bi se smanjilo naprezanje mišića.
- k. Nikad ne držite dah tijekom vježbanja.
- l. Odmorite se između vježbi (48-72 sata). Mišići se izgrađuju i toniraju za vrijeme odmora.

VAŽNO:
THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR EQUIPMENT IS 150 KGS.

UPOZORENJE:

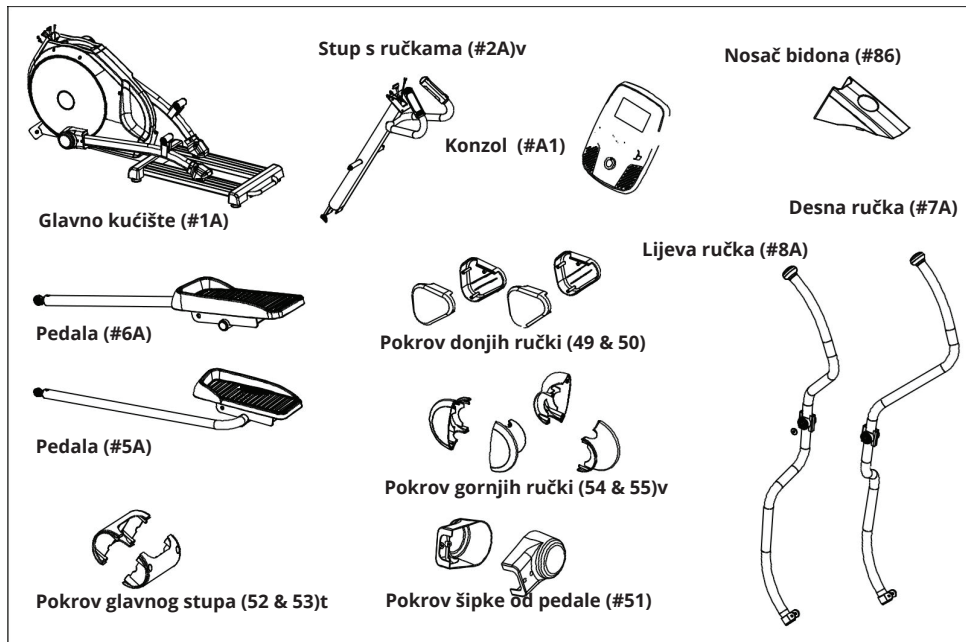
Kontaktirajte obiteljskog liječnika prije početka s bilo kojim programom vježbanja. Ako tijekom vježbanja osjećate vrtoglavicu ili bol, prestanite s vježbanjem i kontaktirajte liječnika.

Sigurnost vase sprave se može održati na razini tako da se redovito pregledava ima li oštećenja ili potrošenih dijelova. Sprava nije namijenjena za djecu mlađu od 14 godina.

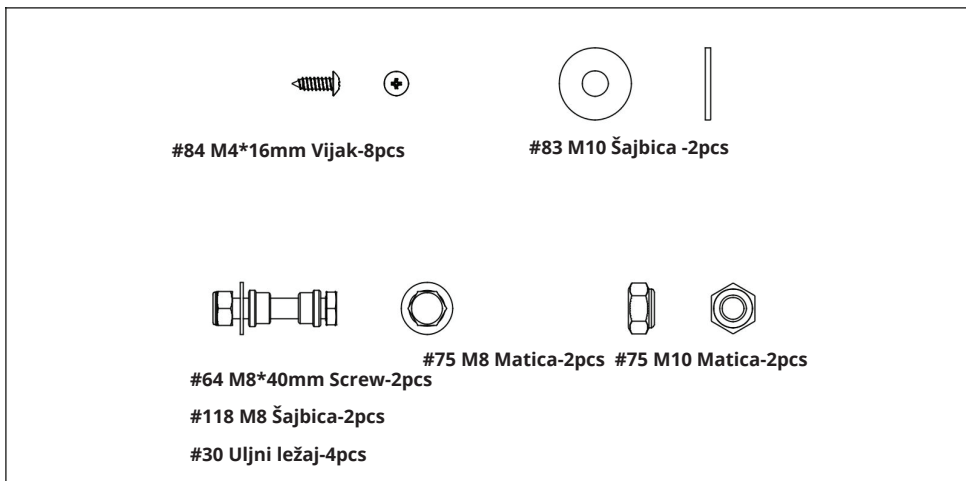
VAŽNO:

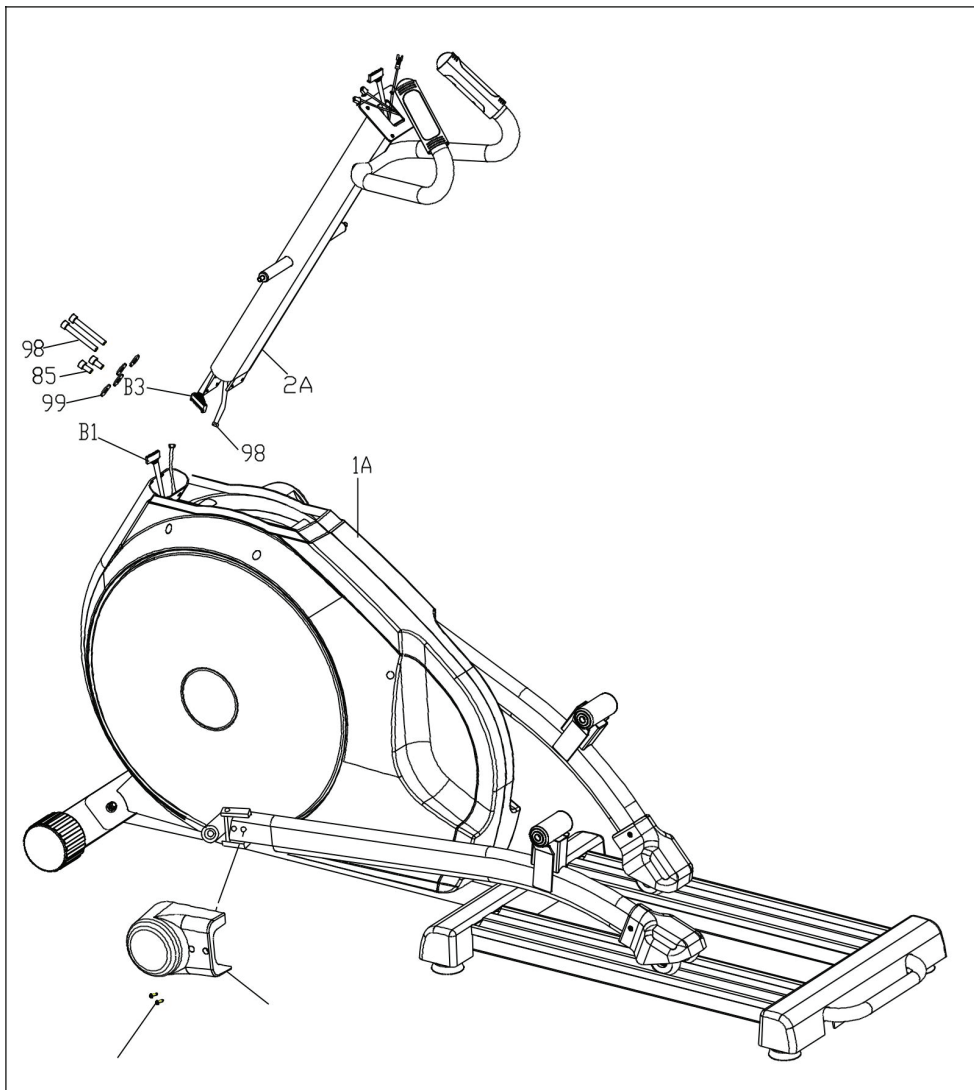
Pažljivo pročitajte sve upute. Spravu sastavite prema uputama iz priručnika. Posložite sve dijelove na pod i provjerite imate li sve potrebne dijelove prije nego što počnete sa sastavljanjem. U slučaju nesalaganja, molimo kontaktirajte servis.

POPIS DIJELOVA



POPIS ALATA



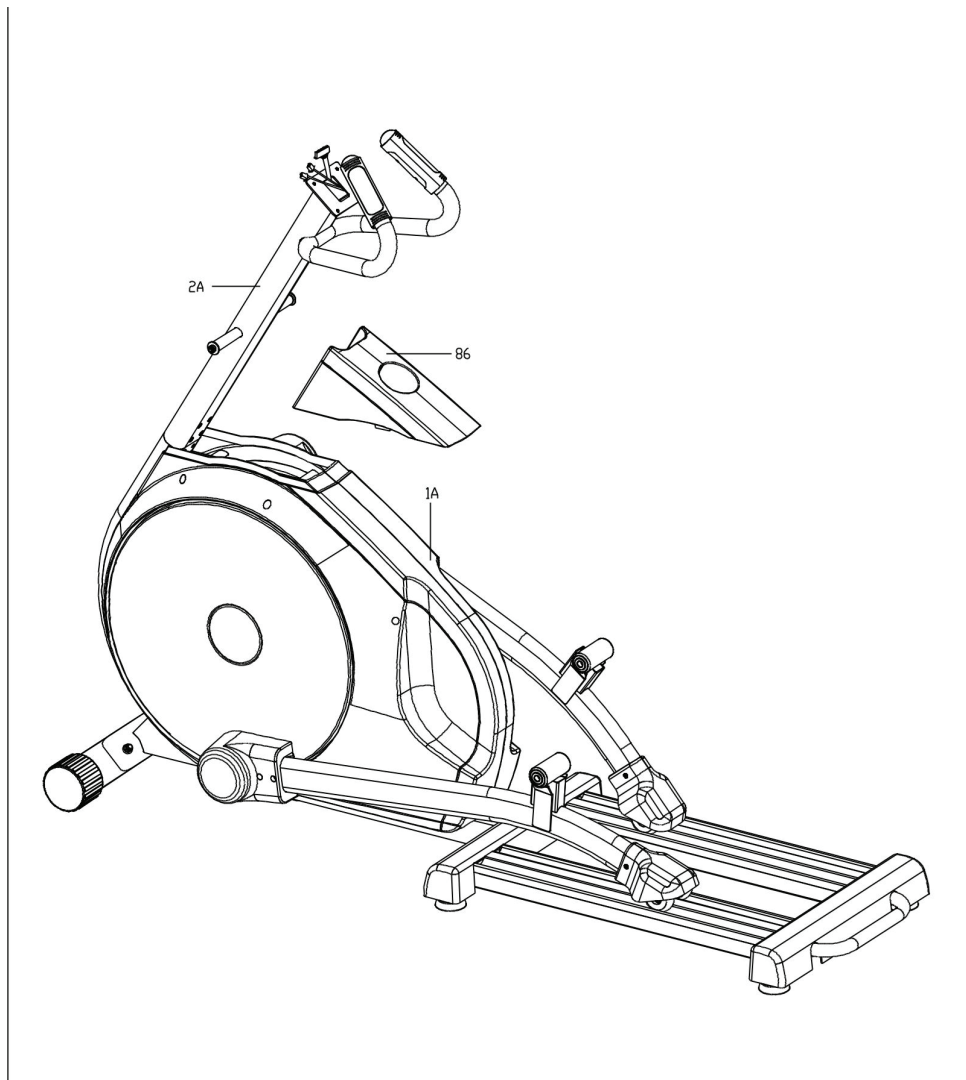


1. Spojite **POKROV ŠIPKE OD PEDALE (#51)** na **ŠIPKU OD PEDALE** koristeći **VIJAK (#84)**.

2. Spojite **KABLOVE (#98 & B3)** s **KABLOVIMA (#B1)**.

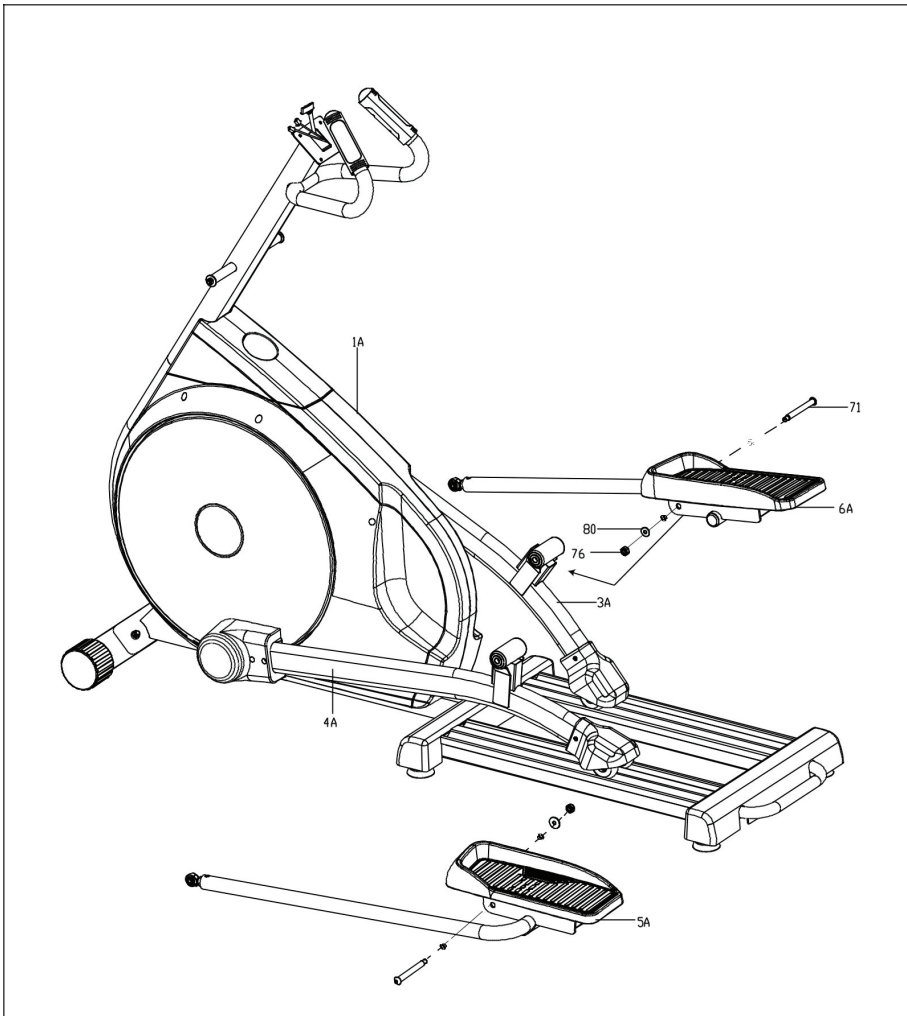
3. Spojite **STUP S RUČKAMA (#2A)** na **GLAVNO KUĆIŠTE (#1A)** pomoći **2 VIJKA (#98)**, **2 VIJKA (#85)** i **2 ŠAJBICE (#99)**.

KORAK 2



1. Spojite **NOSAČ BIDONA (#86)** na **GLAVNO KUĆIŠTE (#1A)**.

KORAK 3

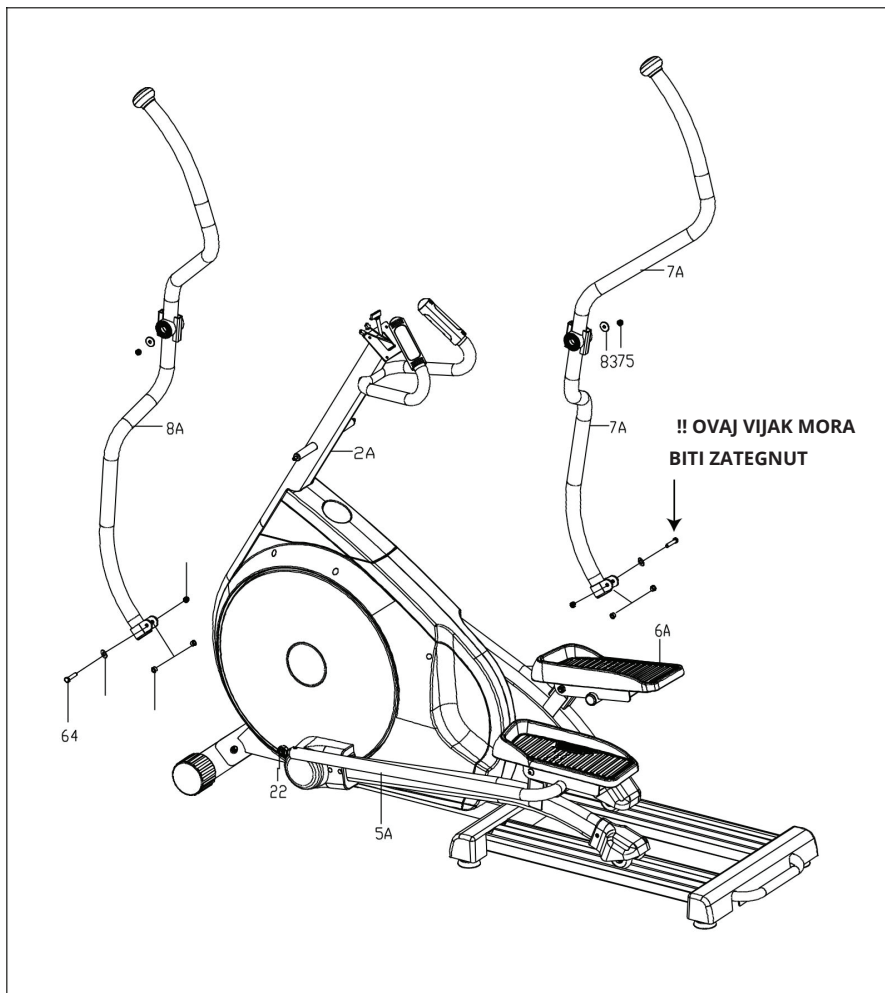


1. Odvrnite **VIJAK (#71)**, **ŠAJBICU (#80)** i **MATICU (#76)** sa **ŠIPKE (#5A)**.

2. Spojite **ŠIPKU (#5A)** s **ŠIPKOM PEDALE (#4A)** koristeći **VIJAK (#71)**, **ŠAJBICU (#80)** i **MATICU (#76)** koje ste ranije skinuli. Budite sigurni da je **(#29)** spojen s **ŠIPKOM PEDALE (#4A)** kao na slici.

3. Ponovite postupak za drugu stranu..

KORAK 4



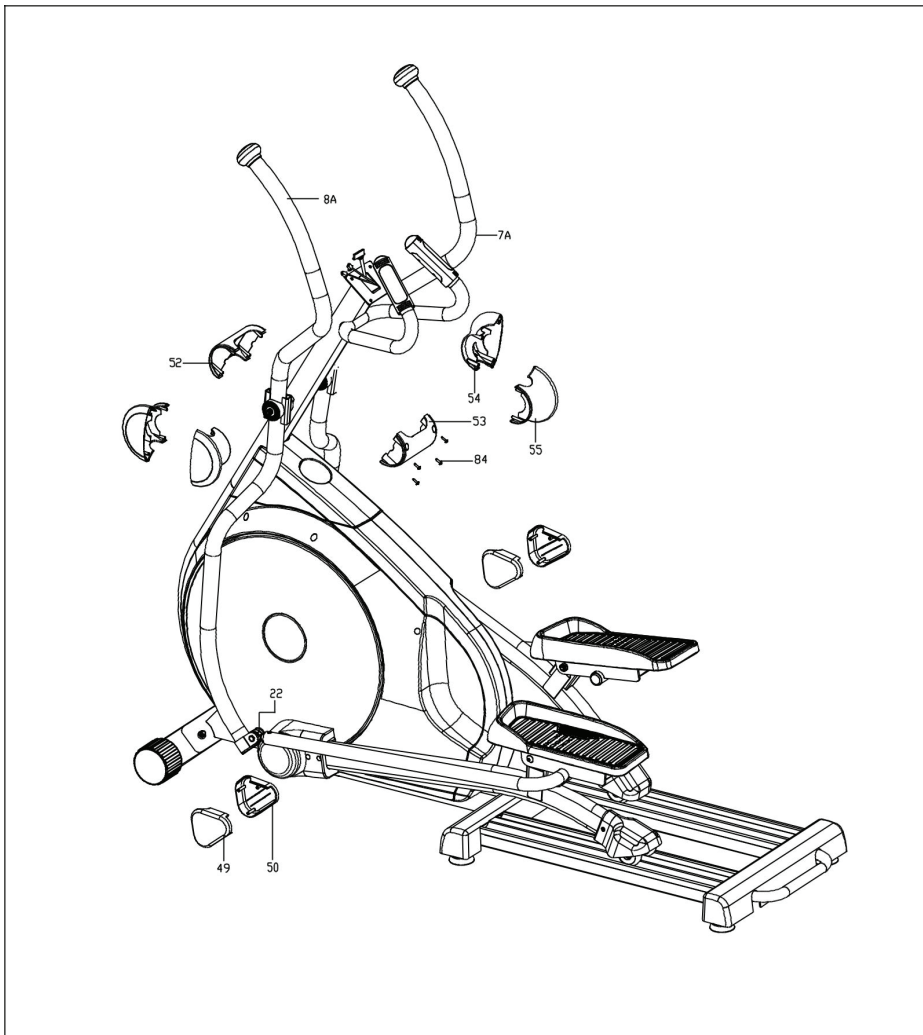
1. Spojite **LIJEVU RUČKU (#8A)** s **(#2A)** koristeći **1 ŠAJBICU (#83)** i **1 MATICU (#75)**.

2. Spojite **DONJU LIJEVU RUČKU (#8A)** s **GLAVNIM ZGLOBOM (#22)** pomoću **2 (#30)**, **1 ŠAJBICOM (#118)**, **1 VIJKOM (#64)** i **1 MATICOM (#75)** kao na slici.

3. **!! Provjerite da je VIJAK (#64) zategnut.**

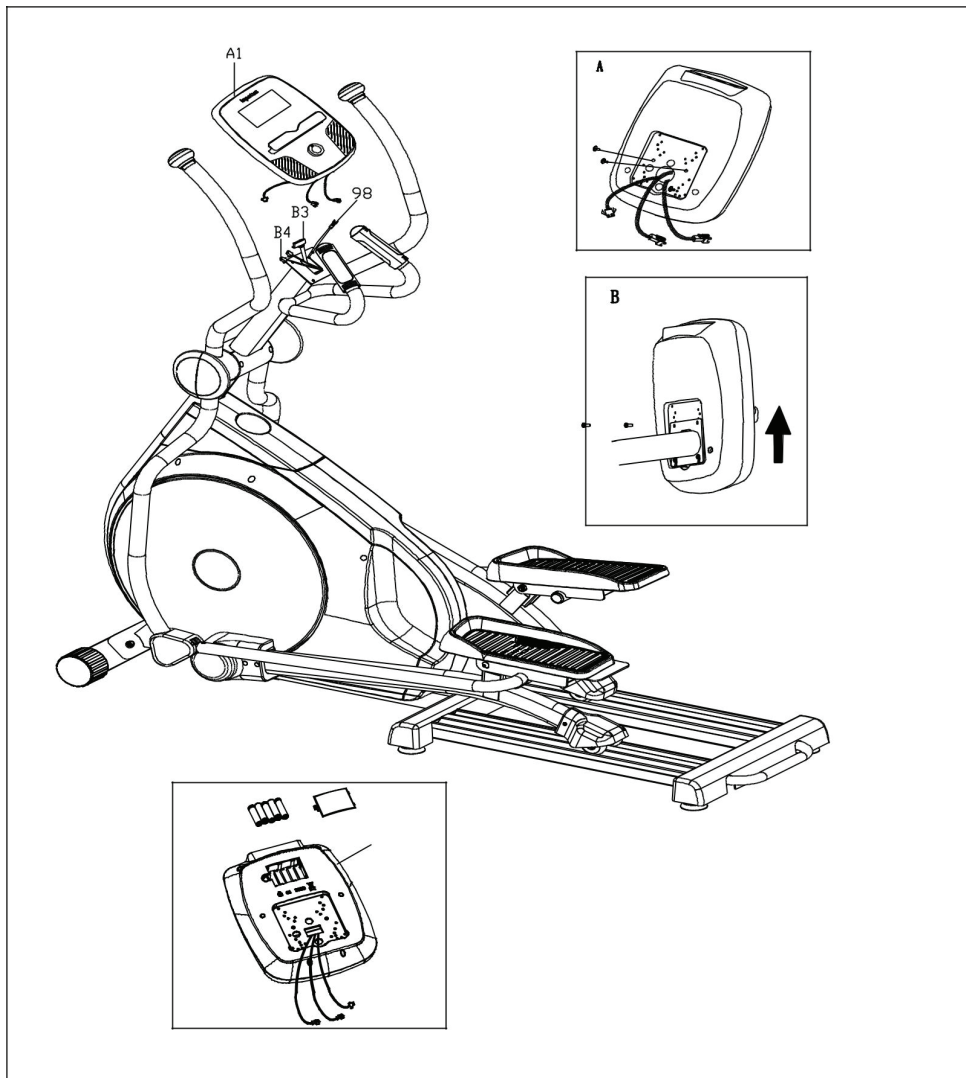
4. Ponovite za drugu stranu.

KORAK 5



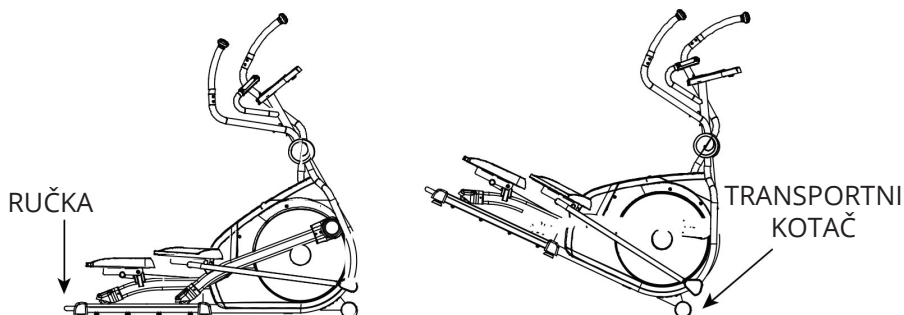
1. Pričvrstite **prednji dio poklopca (#52)** i **stražnji dio poklopca (#53)** za rukohvat (**#2A**) koristeći **4 vijka (#84)**.
2. Pričvrstite **poklopac za gornji rukohvat (#54 i #55)** na **desni rukohvat (#7A)**.
3. Montirajte **poklopac za donji dio rukohvata (#49 i #50)** na donji dio rukohvata.
4. Ponovite ova dva postupka na suprotnim stranama.

KORAK 6



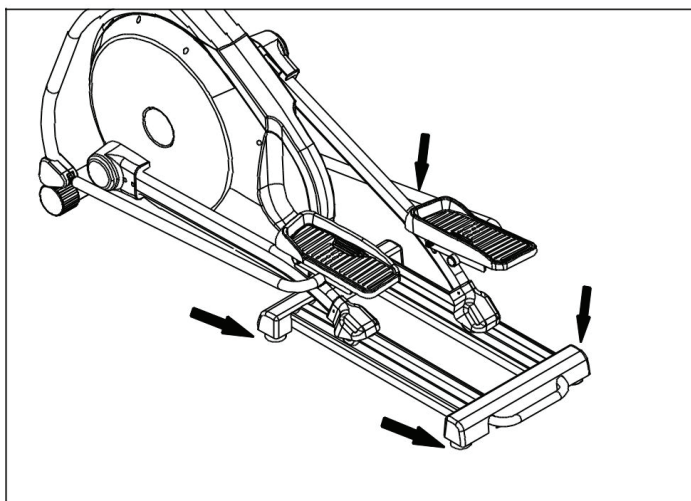
1. Odvijte **dva gornja vijka** na stražnjoj strani konzole (**#A1**), i olabavite dva donja vijka,
2. Pomaknite **konzolu (#A1)** na držač konzole (kao na slici)
3. Podesite **položaj konzole (#A1)** i stegnite **4 vijka** na **poledini konzole (#A1)**
4. Umetnite ,kao na slici

KAKO POMICATI TRENAŽER



1. Držite ručku i podignite trenažer,tako da kotačići na dnu trenažera dodiruju površinu.
2. Pomaknite trenažer na određenu lokaciju
3. Oprezno spustite trenažer na tlo

KAKO PODESITI BALANS TRENAŽERA

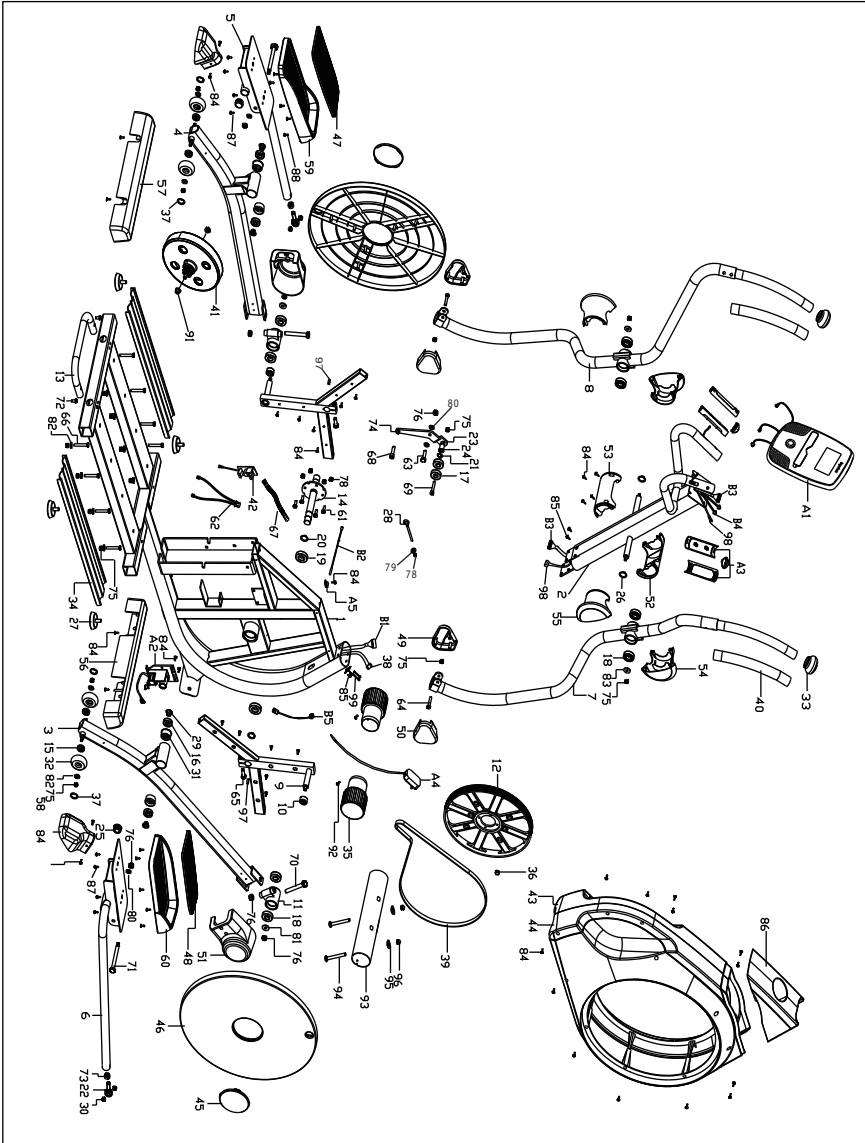


Budite sigurni da su stabilizatori i trenažer na ravnoj površini, i da dodiruju pod.

DODATNE INFORMACIJE

- 1.Eliptični trenažer zahtjeva 9.V, 1.3A adapter
- 2.Kada je trenažer 4 minute izvan funkcije, ulazi u program čuvanja baterije i isključuje se, a svi podatci prošlog vježbanja su spremljeni
- 3.Da bi ugasil trenažer,isključite adapter

EXPANDIRANI POGLED



LISTA DIJELOVA

No.	DESCRIPTION	Q'ty	No.	DESCRIPTION	Q'ty
1	MAIN FRAME	1	56	MIDDLE STABILIZER COVER	1
2	HANDLEBAR POST	1	57	REAR STABILIZER COVER	1
3	PEDAL ARM (R)	1	58	MOVING WHEEL COVER	1
4	PEDAL ARM (L)	1	59	PEDAL BASE (L)	1
5	CONNECTING ARM (L)	1	60	PEDAL BASE (R)	1
6	CONNECTING ARM (R)	1	61	HEX BOLT M6*20L	4
7	HANDLEBAR (R)	1	62	HEX BOLT M6*40L	1
8	HANDLEBAR (L)	1	63	HEX BOLT M10*35L	1
9	CRANK	2	64	HEX BOLT M8*40L	2
10	SLEEVE	2	65	HEX BOLT M10*40L	2
11	CRANK CONNECTING SHAFT	2	66	HEX BOLT M8*55L	8
12	PULLEY WHEEL	1	67	HEX BOLT M8*120L	1
13	LIFT HANDLE	1	68	ROUND HEAD ALLEN BOLT M10*35L	1
14	AXLE	1	69	ROUND HEAD ALLEN BOLT M8*45L	1
15	BEARING 6001ZZ 6001ZZ	4	70	HEX BOLT M12*95L	2
16	BEARING 6001ZZ 6201ZZ	4	71	BOLT Ø12*M10*134.7	2
17	BEARING 6203ZZ 6203ZZ	2	72	FLAT HEAD ALLEN BOLT M8*25	2
18	BEARING 6004ZZ 6004ZZ	8	73	HEX NUT M12	2
19	BEARING 6005ZZ 6005ZZ	2	74	HEX NUT M10	1
20	C-RING C25	2	75	NYLON LOCK NUT M8	18
21	C-RING C17	1	76	NYLON LOCK NUT M10	7
22	UNIVERSAL JOINT M12	2	77	HEX WRENCH 15/19	1
23	IDLE ARM T6.0	1	78	NYLON LOCK NUT M6	5
24	IDLE SHAFT Ø20*35	1	79	WASHER Ø6.5*Ø12*T1.5	1
25	CAP Ø31.5*Ø30.5*17.3	2	80	WASHER Ø10.5*Ø20*T2.0	3
26	C-RING C20	2	81	WASHER Ø10.5*Ø28*T2.0	2
27	LEVELING FOOT	4	82	WASHER Ø8.4*Ø20*T2.0	20
28	SCREW M6*50.8*80	1	83	WASHER Ø8.4*Ø28*T2.0	2
29	OIL BEARING Ø24*Ø17*Ø22*12	4	84	FLAT HEAD SELF-TAP SCREW M4*16	42
30	OIL BEARING Ø14*Ø12*Ø8*8.5Ø	4	85	FLAT HEAD ALLEN BOLT M8*16	6
31	BEARING TUBE Ø42*20	4	86	WATER BOTTLE HOLDER	1
32	MOVING WHEEL Ø65*Ø12*24	4	87	ALLEN SCREW M6*10	8
33	CAP Ø64.5*42.5	2	88	FLAT HEAD SELF-TAP SCREW M4*10	10
34	SLIDING RAIL 678MM	2	89	ALLEN KEY M5/M6	1
35	MOVING WHEEL Ø97*126.5	2	90	WRENCH	1
36	SENSOR MAGNET	1	91	FLANGE NUT 3/8*26UNF*7T	2
37	C-RING C28	4	92	FLAT HEAD SELF-TAP SCREW M4*16	2
38	MAGNET 25*40*10	8	93	FRONT STABILIZER N76*T2.0*365	1
39	BELT 580-J6	1	94	BOLT M10*P1.5*88MM (L37.5)	2
40	FORM GRIP	2	95	ARC WASHER Ø10.5*Ø23*T1.5	2
41	MAGNETIC FLYWHEEL	1	96	DOM NUT M10	2
42	CONTROLLER	1	97	FLAT KEY 6*6*20	2
43	CHAIN COVER (L)	1	98	FLAT HEAD ALLEN BOLT M8*65	2
44	CHAIN COVER (R)	1	99	WASHER Ø8.5*Ø17*1.3	4
45	DISK HOLE CAP	1	A1	CONSOLE	1
46	DISK	2	A2	TESNSION MOTOR	1
47	PEDAL (L)	1	A3	HAND PULSE HOLDER	2
48	PEDAL (R)	1	A4	ADAPTER	1
49	HAND RAIL DOWN COVER (L)	1	A5	SENSOR BLOCK 22.2*10*2.2	1
50	HAND RAIL DOWN COVER (R)	1	B1	COMPUTER LOWER WIRE 800MM	1
51	PEDAL ARM FRONT COVER	2	B2	SENSOR WIRE 200MM	1
52	FRONT TUBE FRONT COVER	1	B3	UPPER WIRE 850MM	1
53	53 Front tube rear cover 1	1	B4	HAND PULSE WIRE 700MM*2	2
54	HAND RAIL MIDDLE COVER FRONT	1	B5	WIRE 850L(3P F+D.CSOCKET)	1
55	HAND RAIL MIDDLE COVER REAR	1			

ZAGRIJAVANJE/HLAĐENJE

Iduće vježbe su odlične za zagrijavanje i istezanje nakon treninga, pokrete izvodite polako i do granice boli.

Istezanje zadnje lože:

Sjednite sa jednom ispruženom nogom. Stopalo druge noge primaknite prema bedru ispružene noge. Pokušajte rukama dotaknuti prste ispružene noge, ostanite u toj poziciji 15 sekundi i odmorite. Ponovite vježbu tri puta za svaku nogu.



Istezanje unutarnjeg bedra :

U sjedećem položaju spojite stopala i laktovima lagano pritišćemo koljena. Povucite stopala što je moguće bliže preponama. Ostanite u toj poziciji 15 sekundi pa odmorite. Odradite tri serije ove vježbe.



Dodirivanje prstiju :

Stanite sa lagano savijenim koljenima, lagano se iz kukova naginjemo naprijed. U ovoj poziciji pokušavamo rukama dohvatiti nožne prste. Ostajemo u toj poziciji 15 sekundi. Ponavljamo vježbu tri puta.



Istezanje kvadricepsa :

Stanite jednom nogom pridržavajući se rukom od zid radi bolje ravnoteže. Primite rukom drugu nogu i što više je primaknite prema mišićima stražnjice. Držite 15 sekundi pa odmorite. Odradite ovu vježbu tri puta.



Istezanje listova :

Držimo se rukama za zid a jednu nogu pružamo naprijed i lagano savijamo u koljenu. Kukove izbacujemo prema naprijed i zadržavamo poziciju. Ostajemo u poziciji 15 sekundi nakon čega mjenjamo nogu. Radimo 3 serije za svaku nogu.



ČIŠĆENJE I ODRŽAVANJE

Pregledajte i učvrstite sve djelove eliptičnog trenažera. Ako primjetite da neki dio sprave nije učvršćen zamjenite ga odmah. Za pranje sprave koristite vlažnu tkaninu i malu količinu sredstva za čišćenje.

VAŽNO :

Da bi izbjegli oštećenje sprave, držite tekućinu podalje od sprave i držite spravu dalje od izravne sunčeve svjetlosti

Recikliranje :

Ova električna sprava mora biti reciklirana i skladištena u posebnim uvjetima.

Da bi sačuvali prirodu, nakon životnog roka sprave po zakonu istu moramo reciklirati na ispravan način.

