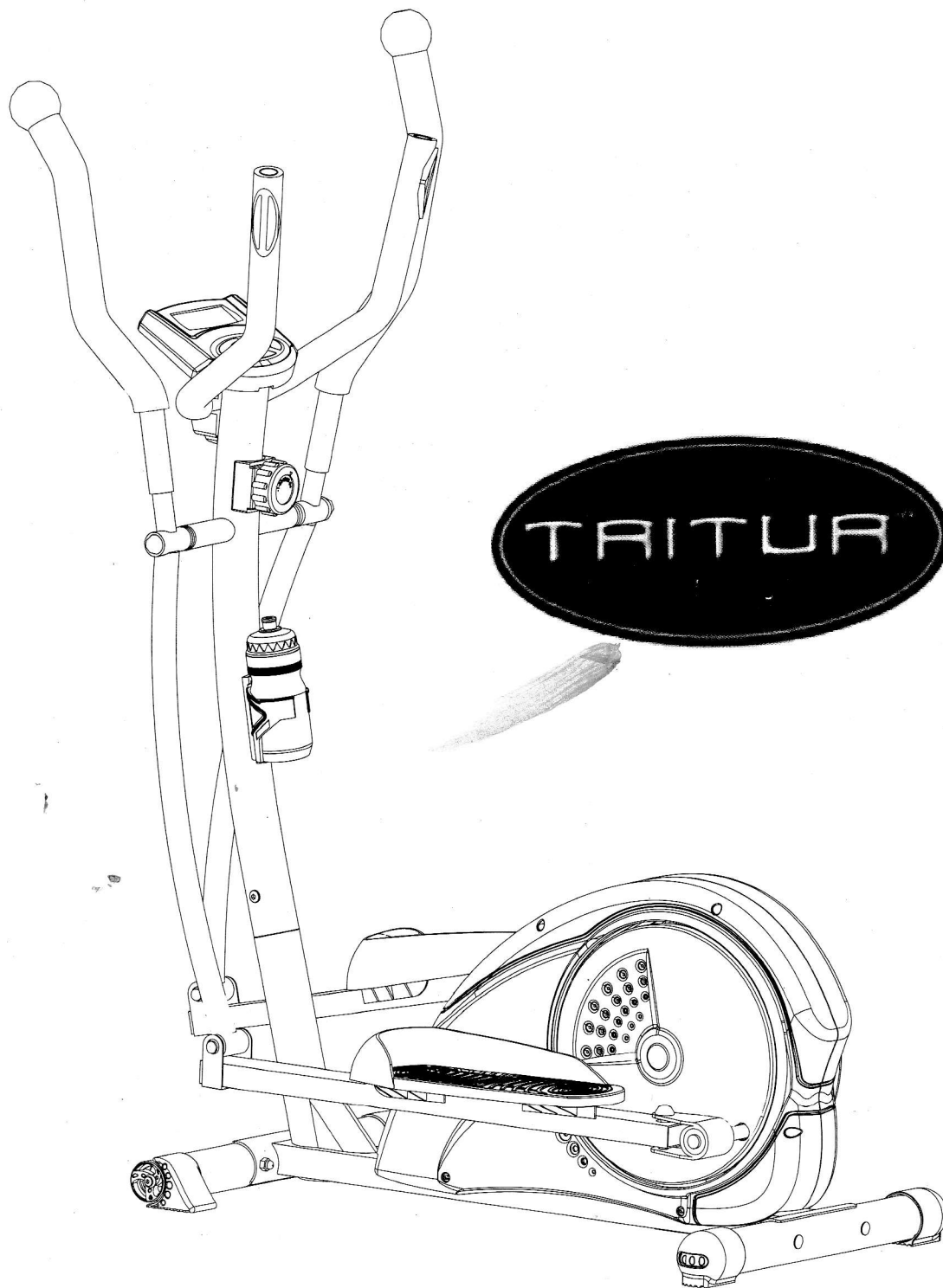
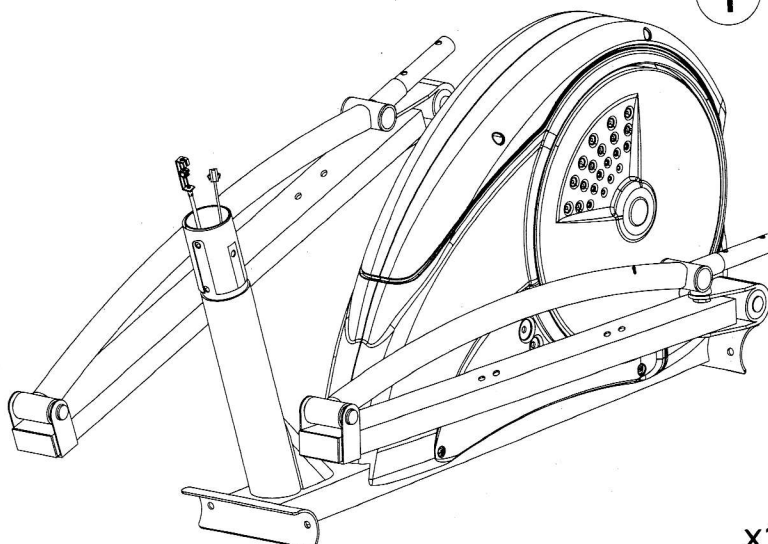
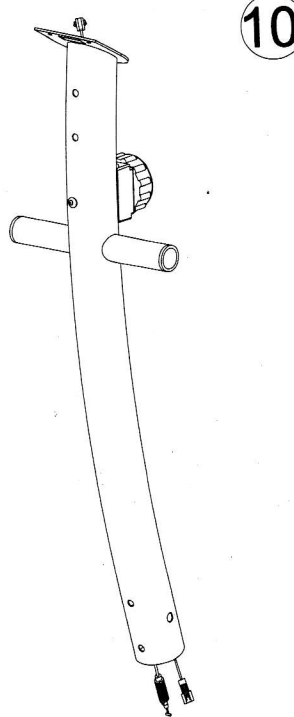
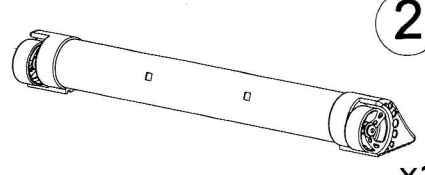
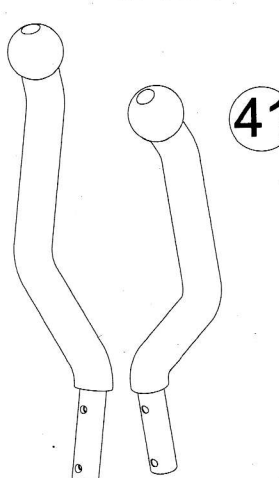
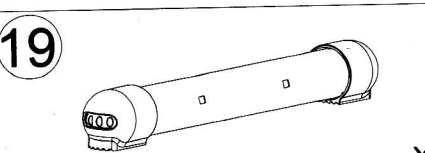

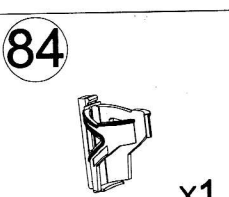
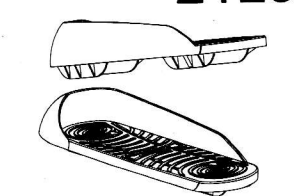

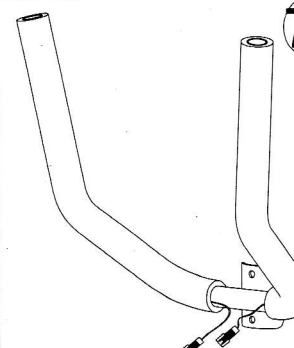
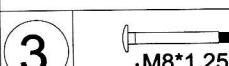
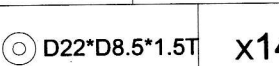


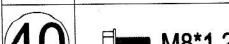
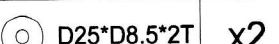










Installation Manual for EL 30201

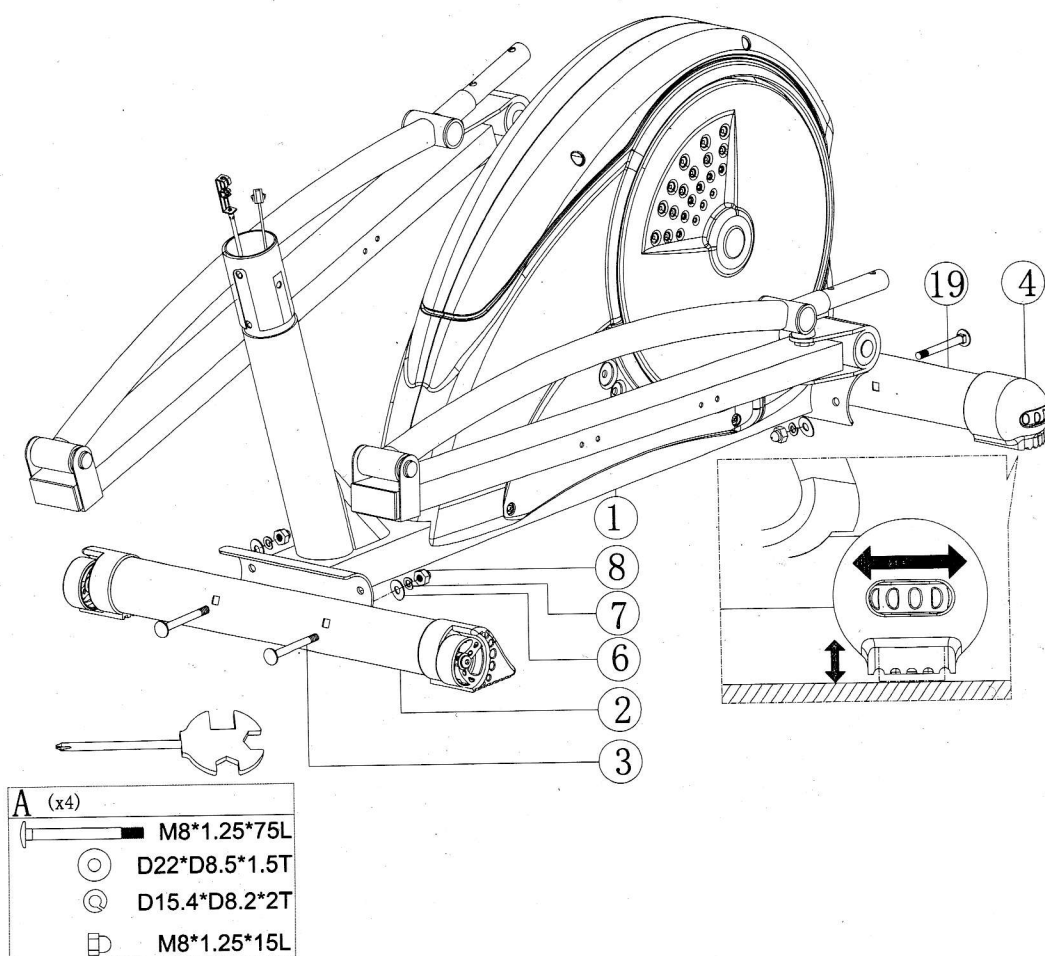


תכולה

 <p>1</p> <p>x1</p>			 <p>10</p> <p>x1</p>		
 <p>2</p> <p>x1</p>			<p>52L&R</p>  <p>41</p> <p>x1</p>		
 <p>19</p> <p>x1</p>			 <p>71</p> <p>x1</p>		
 <p>84</p> <p>x1</p>			<p>21L&R</p>  <p>x1</p>		
 <p>64</p> <p>x1</p>			 <p>72</p> <p>x1</p>		
 <p>3</p> <p>M8*1.25*75L</p> <p>x4</p>			 <p>6</p> <p>D22*D8.5*1.5T</p> <p>x14</p>		
 <p>9</p> <p>M8*1.25*20L</p> <p>x10</p>			 <p>8</p> <p>M8*1.25*15L</p> <p>x4</p>		
 <p>40</p> <p>M8*1.25*25L</p> <p>x2</p>			 <p>66</p> <p>D25*D8.5*2T</p> <p>x2</p>		
 <p>38</p> <p>x1</p>			 <p>67</p> <p>x2</p>		
 <p>7</p> <p>D15.4*D8.2*2T</p> <p>x16</p>			 <p>20</p> <p>M6*1*45L</p> <p>x4</p>		
 <p>83</p> <p>M5*15L</p> <p>x2</p>			 <p>73</p> <p>D14*D6.5*0.8T</p> <p>x4</p>		
 <p>8</p> <p>M8*1.25*15L</p> <p>x4</p>			 <p>66</p> <p>D25*D8.5*2T</p> <p>x2</p>		
<p>3</p> <p>M8*1.25*75L</p> <p>x4</p>			<p>6</p> <p>D22*D8.5*1.5T</p> <p>x14</p>		
<p>9</p> <p>M8*1.25*20L</p> <p>x10</p>			<p>8</p> <p>M8*1.25*15L</p> <p>x4</p>		
<p>40</p> <p>M8*1.25*25L</p> <p>x2</p>			<p>66</p> <p>D25*D8.5*2T</p> <p>x2</p>		
<p>38</p> <p>x1</p>			<p>67</p> <p>x2</p>		
<p>7</p> <p>D15.4*D8.2*2T</p> <p>x16</p>			<p>20</p> <p>M6*1*45L</p> <p>x4</p>		
<p>83</p> <p>M5*15L</p> <p>x2</p>			<p>73</p> <p>D14*D6.5*0.8T</p> <p>x4</p>		
<p>8</p> <p>M8*1.25*15L</p> <p>x4</p>			<p>66</p> <p>D25*D8.5*2T</p> <p>x2</p>		
<p>3</p> <p>M8*1.25*75L</p> <p>x4</p>			<p>6</p> <p>D22*D8.5*1.5T</p> <p>x14</p>		
<p>9</p> <p>M8*1.25*20L</p> <p>x10</p>			<p>8</p> <p>M8*1.25*15L</p> <p>x4</p>		
<p>40</p> <p>M8*1.25*25L</p> <p>x2</p>			<p>66</p> <p>D25*D8.5*2T</p> <p>x2</p>		
<p>38</p> <p>x1</p>			<p>67</p> <p>x2</p>		
<p>7</p> <p>D15.4*D8.2*2T</p> <p>x16</p>			<p>20</p> <p>M6*1*45L</p> <p>x4</p>		
<p>83</p> <p>M5*15L</p> <p>x2</p>			<p>73</p> <p>D14*D6.5*0.8T</p> <p>x4</p>		
<p>8</p> <p>M8*1.25*15L</p> <p>x4</p>			<p>66</p> <p>D25*D8.5*2T</p> <p>x2</p>		
<p>3</p> <p>M8*1.25*75L</p> <p>x4</p>			<p>6</p> <p>D22*D8.5*1.5T</p> <p>x14</p>		
<p>9</p> <p>M8*1.25*20L</p> <p>x10</p>			<p>8</p> <p>M8*1.25*15L</p> <p>x4</p>		
<p>40</p> <p>M8*1.25*25L</p> <p>x2</p>			<p>66</p> <p>D25*D8.5*2T</p> <p>x2</p>		
<p>38</p> <p>x1</p>			<p>67</p> <p>x2</p>		
<p>7</p> <p>D15.4*D8.2*2T</p> <p>x16</p>			<p>20</p> <p>M6*1*45L</p> <p>x4</p>		
<p>83</p> <p>M5*15L</p> <p>x2</p>			<p>73</p> <p>D14*D6.5*0.8T</p> <p>x4</p>		
<p>8</p> <p>M8*1.25*15L</p> <p>x4</p>			<p>66</p> <p>D25*D8.5*2T</p> <p>x2</p>		
<p>3</p> <p>M8*1.25*75L</p> <p>x4</p>			<p>6</p> <p>D22*D8.5*1.5T</p> <p>x14</p>		
<p>9</p> <p>M8*1.25*20L</p> <p>x10</p>			<p>8</p> <p>M8*1.25*15L</p> <p>x4</p>		
<p>40</p> <p>M8*1.25*25L</p> <p>x2</p>			<p>66</p> <p>D25*D8.5*2T</p> <p>x2</p>		
<p>38</p> <p>x1</p>			<p>67</p> <p>x2</p>		
<p>7</p> <p>D15.4*D8.2*2T</p> <p>x16</p>			<p>20</p> <p>M6*1*45L</p> <p>x4</p>		
<p>83</p> <p>M5*15L</p> <p>x2</p>			<p>73</p> <p>D14*D6.5*0.8T</p> <p>x4</p>		
<p>8</p> <p>M8*1.25*15L</p> <p>x4</p>			<p>66</p> <p>D25*D8.5*2T</p> <p>x2</p>		
<p>3</p> <p>M8*1.25*75L</p> <p>x4</p>			<p>6</p> <p>D22*D8.5*1.5T</p> <p>x14</p>		
<p>9</p> <p>M8*1.25*20L</p> <p>x10</p>			<p>8</p> <p>M8*1.25*15L</p> <p>x4</p>		
<p>40</p> <p>M8*1.25*25L</p> <p>x2</p>			<p>66</p> <p>D25*D8.5*2T</p> <p>x2</p>		
<p>38</p> <p>x1</p>			<p>67</p> <p>x2</p>		
<p>7</p> <p>D15.4*D8.2*2T</p> <p>x16</p>			<p>20</p> <p>M6*1*45L</p> <p>x4</p>		
<p>83</p> <p>M5*15L</p> <p>x2</p>			<p>73</p> <p>D14*D6.5*0.8T</p> <p>x4</p>		

הוראות הרכבה

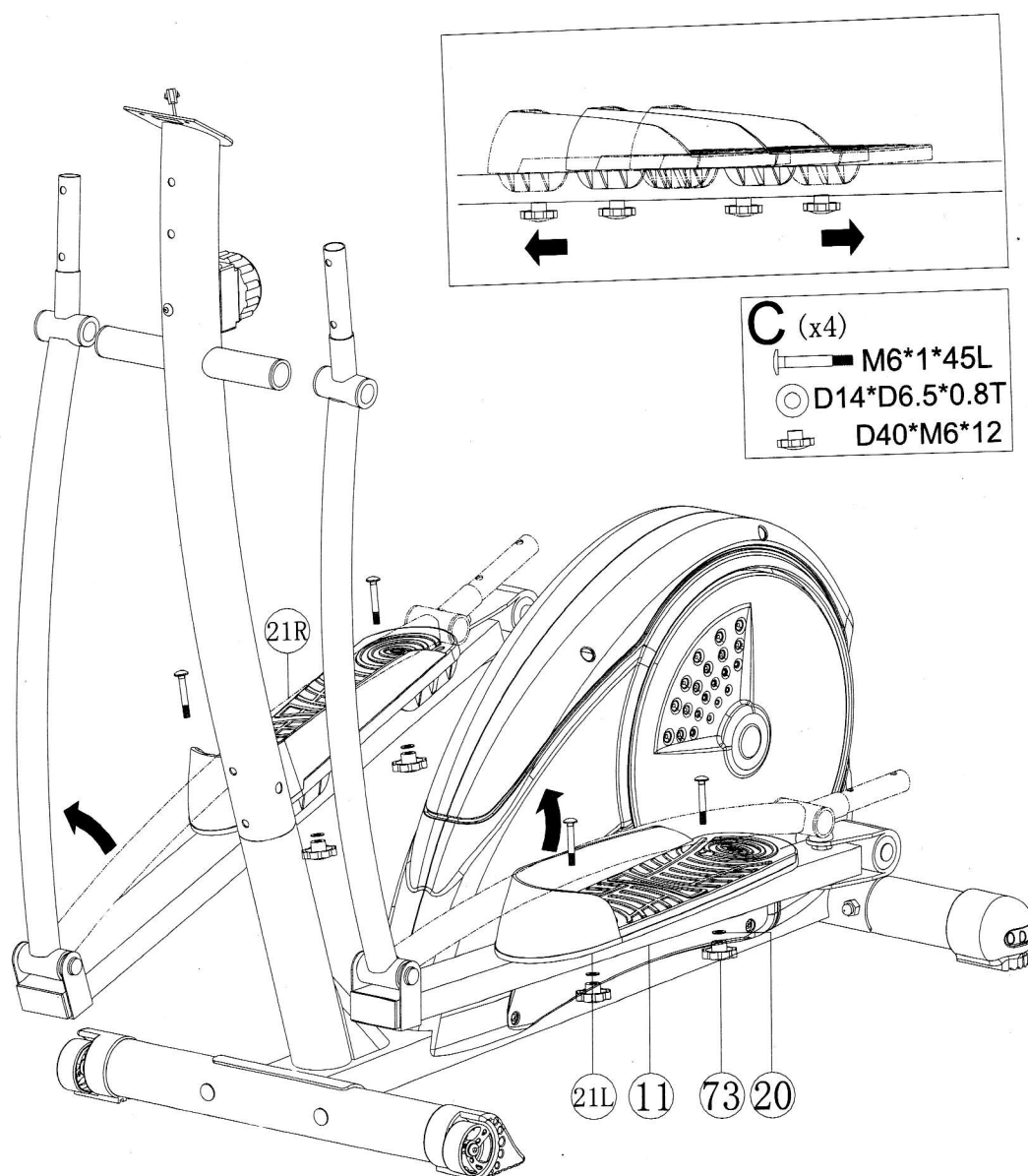
STEP 1



Assemble the front stabilizer (2) and rear stabilizer (19) to the main frame (1) by using the square neck bolt (3), the curved washer (6), the spring washer (7) and domed nut (8).

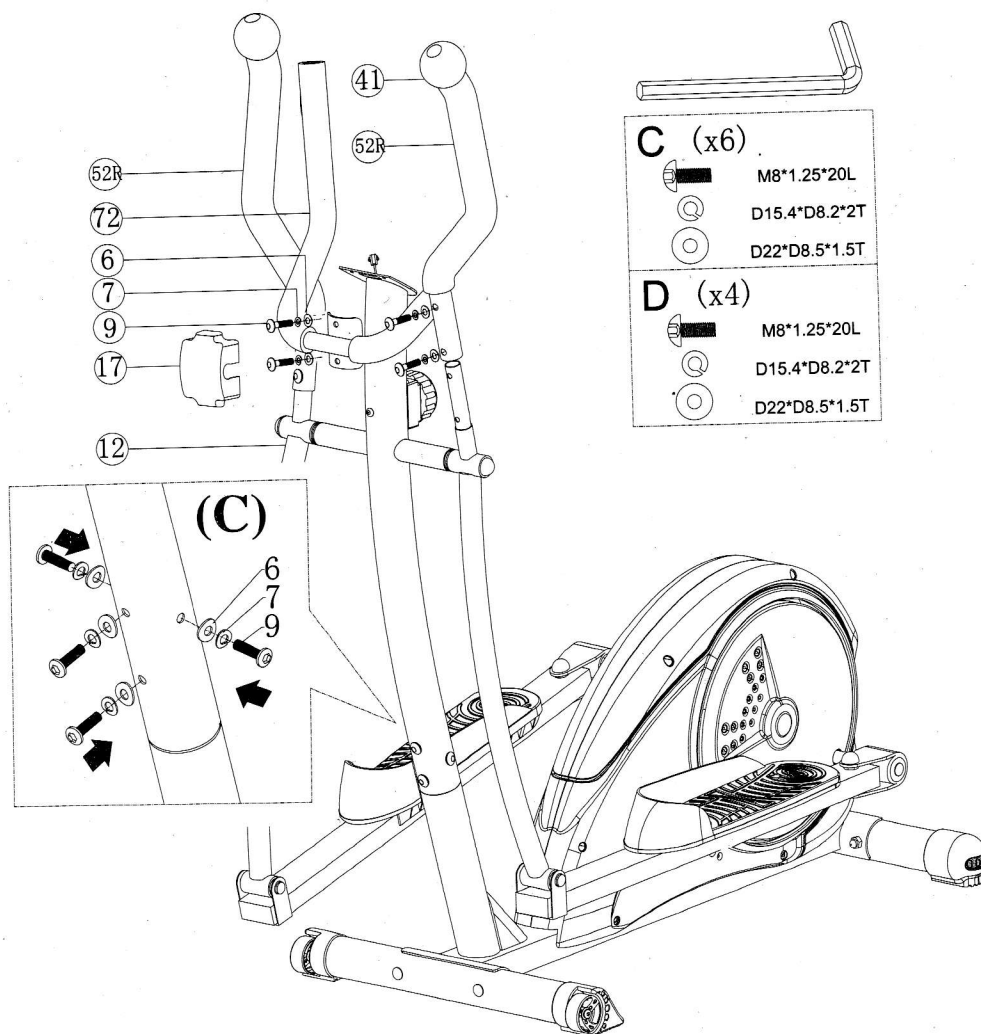
Adjust the proper height by turning the wheel of rear foot cap (4).

STEP 3



Assemble the left pedal (21L) and right pedal (21R) on the pedal supporting tube (11) by using the screw (20) and flat washer (73).

STEP 5



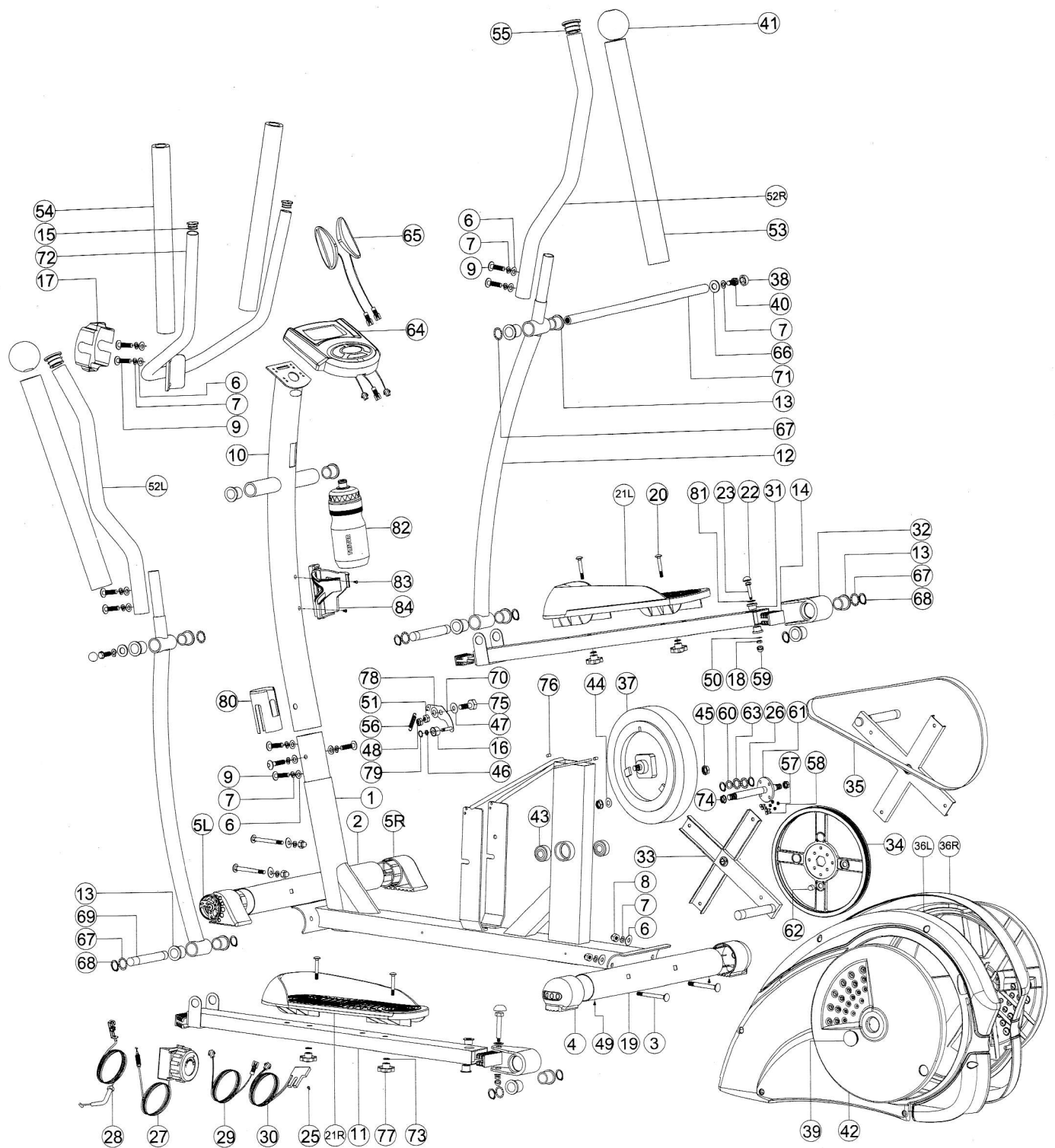
Then assemble the handlebar post (10) to the main frame (1) by using the curved washer (6), the spring washer (7) and the bolt (9).

Assemble the handlebar (52L+R) to the movable handlebar support (12) by using the bolt (9), the spring washer (7) and the curved washer (6).

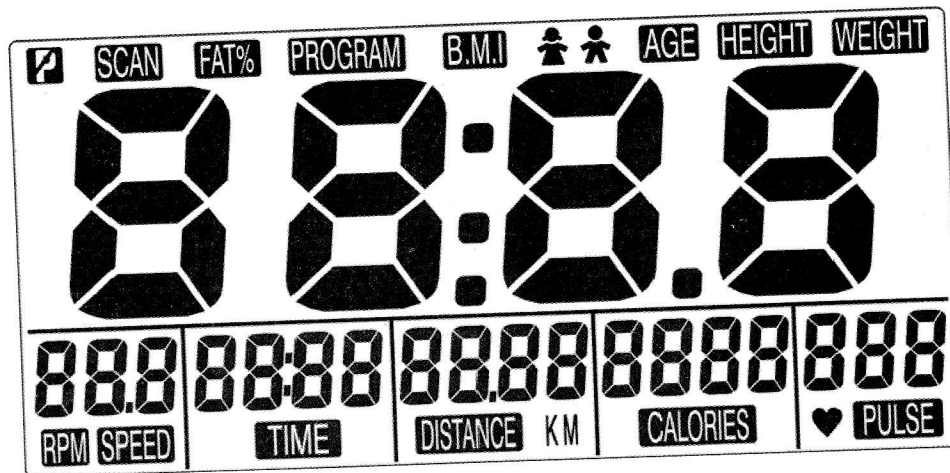
Then put the ball foam (41) to the handlebar (52L+R)

Assemble the fixed handlebar (72) to the handlebar post (10) by using the bolt (9), the spring washer (7) and the curved washer (6).

Put the cover for handlebar (17) to the fixed handlebar (72).



LCD full display:



FUNCTIONS

- SCAN** Automatically scan through each mode in sequence every 6 seconds. The display loop is RPM – Speed – Time – Distance – Calorie - Pulse on the main screen.
- TIME** Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE button. Each increase is 1 minute.
- RPM** Displays the Rotation per Minute (RPM). The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
- SPEED** Displays current training speed. Maximum speed is 99.9 km/h or mile/h.
- DISTANCE** Accumulates total distance from 0.00 up to 99.99 km or mile. The user may preset target distance data by pressing SET & MODE button. Each increase setting is 0.5 km or mile.
- CALORIES** Accumulates calories consumption during training from 0 to max. 999 calories. The user may also preset the target calorie before training by press SET & MODE button. Each setting increase is 10 cal.
Note : This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.
- PULSE** The monitor will display the user's heart rate in beats per minute during training. You may set the target heart rate by press the SET & MODE button.
- CALENDAR** The monitor will display date, month, and year when the monitor is in sleep mode.
- CLOCK** The monitor will display current clock time when the monitor is in sleep mode.
- TEMPERATURE** Displays current room temperature from 10°C to 60°C when the monitor is in sleep mode.

start the body fat testing.

- 10-4. It takes few seconds to test the body fat. If you did not hold on the conductor during the testing procedure, the LCD will show the error sign Err after 10 seconds period.
- 10-5. After the testing is finished, you will see fat advice in percentage and BMI figure (body mass Index) display on the main LCD in sequence by scan mode.

BODY FAT % : Calculate from your personal data to show the value from 5%~50%.

BMI : Calculate from your personal data to show the value from 1.0~99.99.

- 10-6. Press any key to return to the main display.

Note

1. Stop training for 4 minutes, the screen will show up room temperature, clock, and calendar display automatically.
2. If the computer displays abnormally, please re-install the battery and try again.
3. Battery Spec: 1.5V UM-3 or AA (2PCS).

The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.