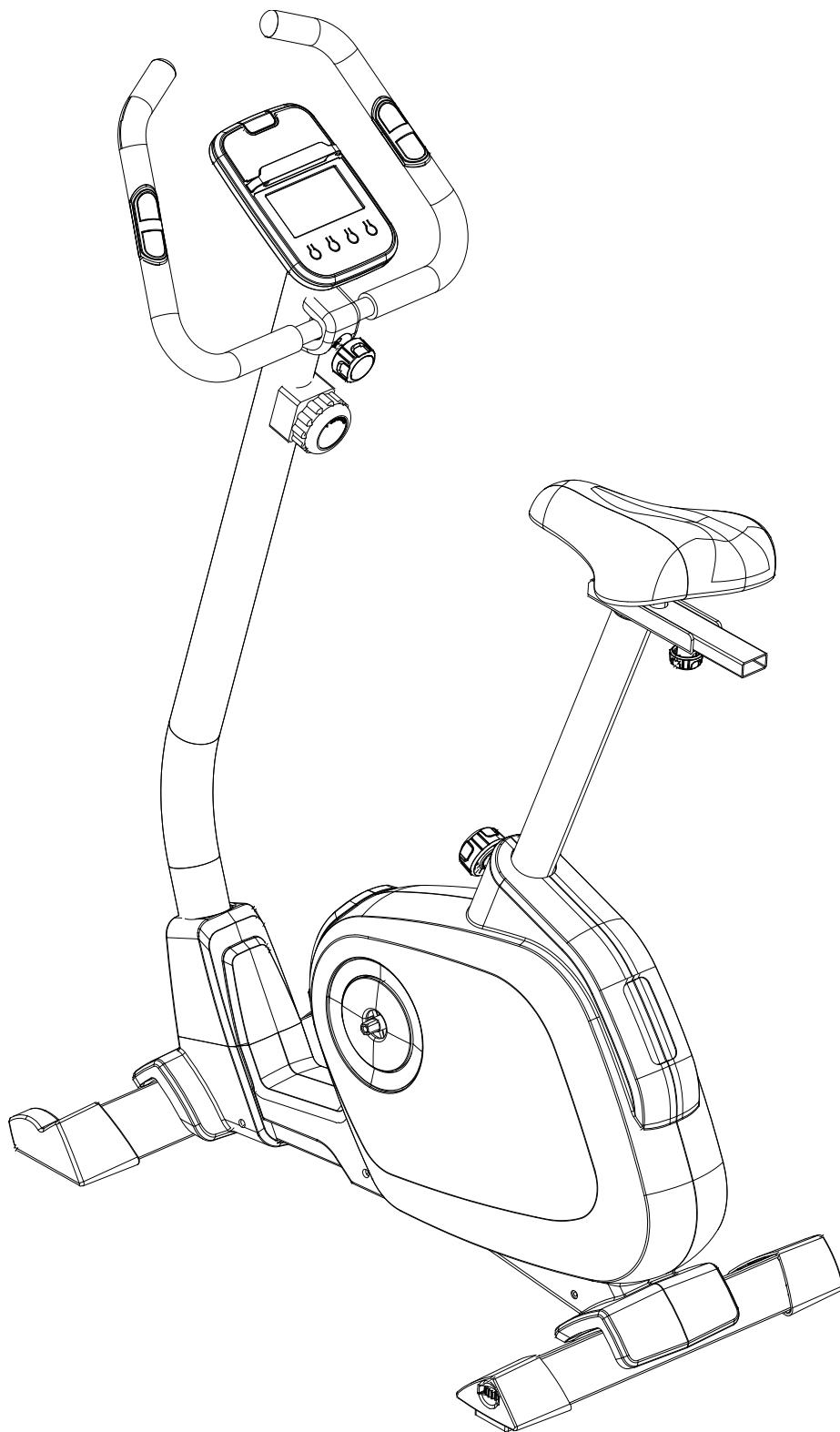
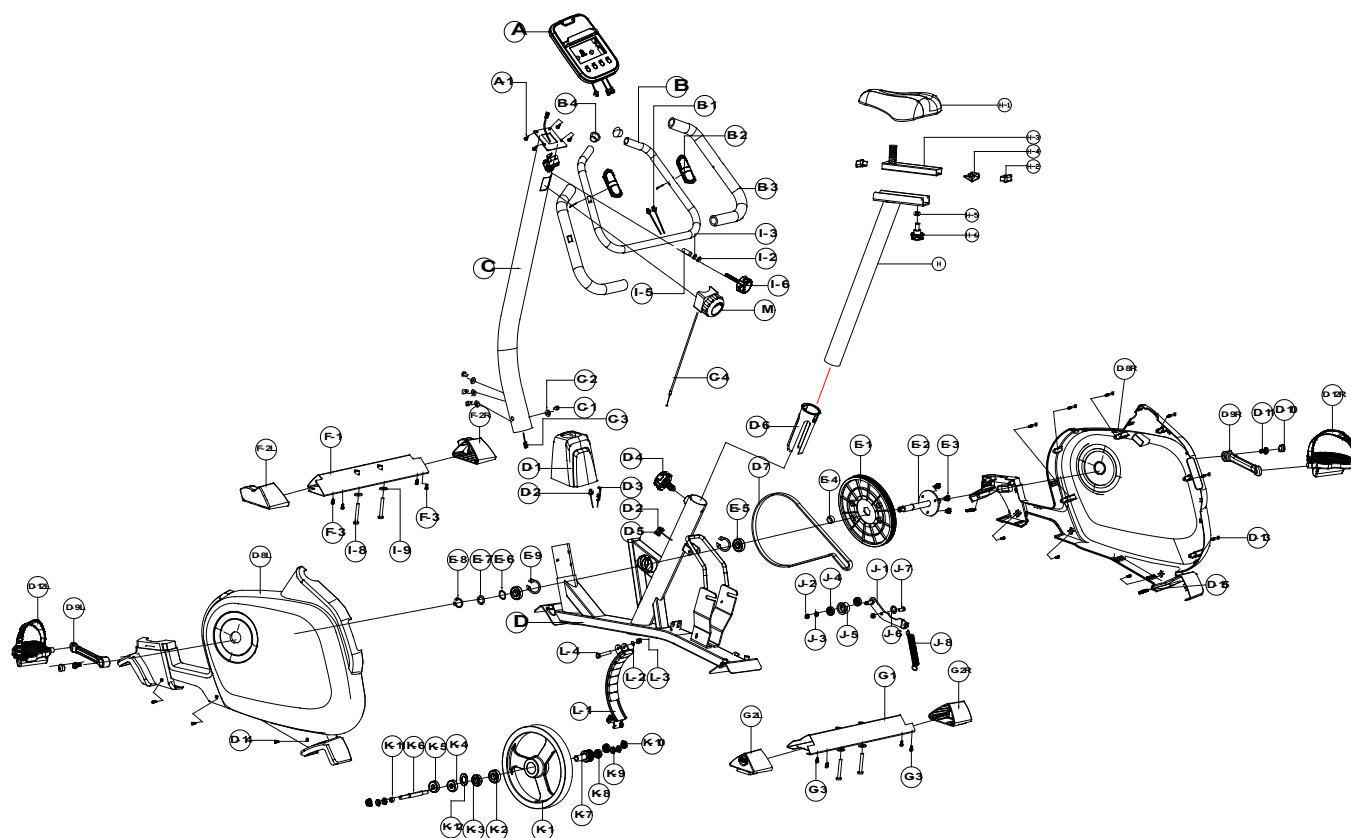


Manual til ASG4667

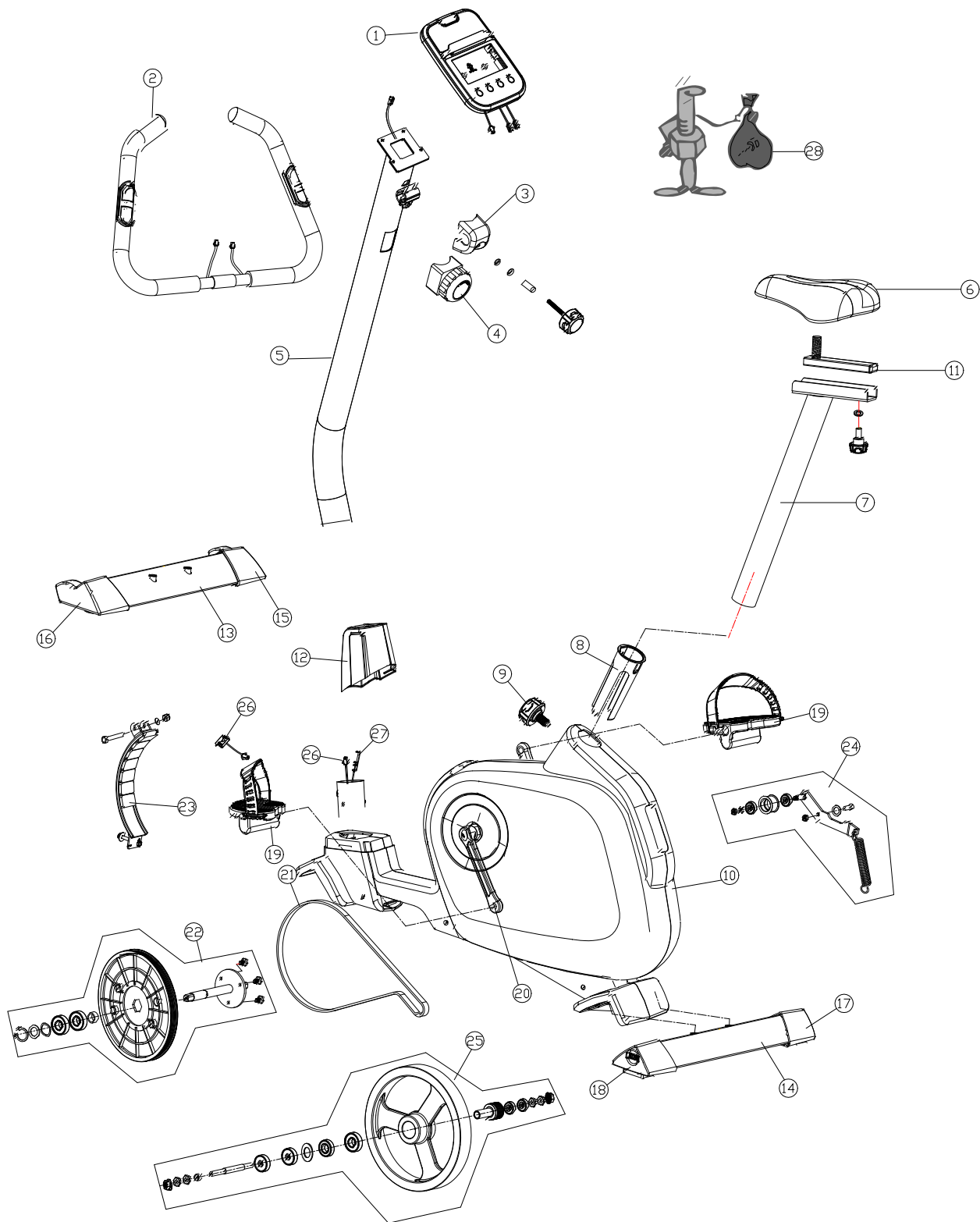
VELOFIT 400



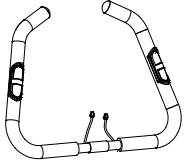
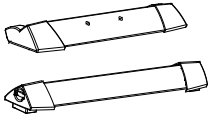
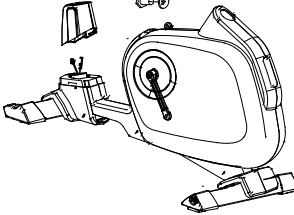
Eksploderet tegning



Formonteringstegning



NO	Description		NO	Description
1	Konsol		18	Bagerste stabilisatordæksel L
2	Styr		19	Pedal
3	Styrbetræk		20	Stel
4	Spændingsknap		21	Drivrem
5	Styrbind		22	Remskive
6	Sadel		23	Magnetisk sæt
7	Sadelpind		24	Lederhjulssæt
8	Sadelpindbundt		25	Svinghjulsenhed
9	Trækstift		26	Kabel
10	Hovedbetræk		27	Spændingskabel
11	Sædeglider		28	Skruepose
12	Styrbetræk			
13	Forreste stabilisator			
14	Bagerste stabilisator			
15	Forreste stabilisatorbetræk H			
16	Forreste stabilisatorbetræk V			
17	Bagerste stabilisatorbetræk H			

	1
	1
	1
	1
	1
	1
 4xM5*16	1
	1

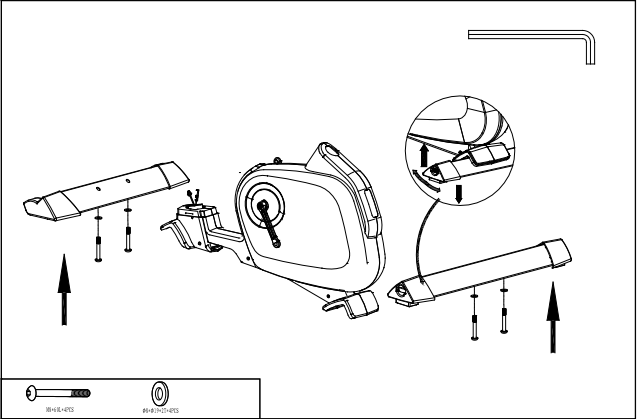
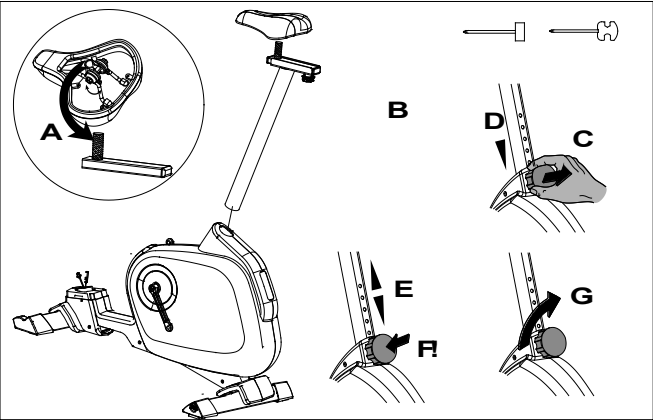
		1
		1
	78	2
	78	2
	78x25	1
	M8x60	4
	78x19	4
	ST3.9x16	4
		1

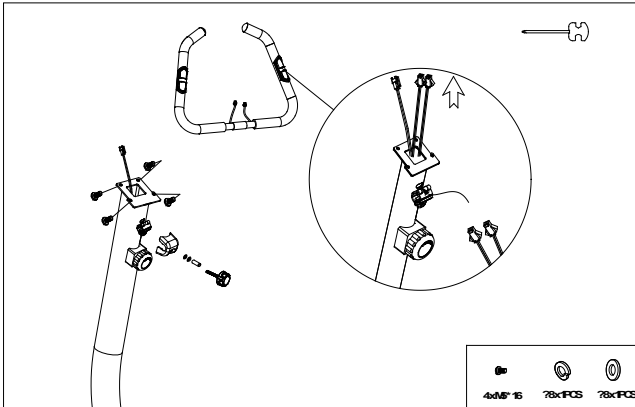
DELE OG VÆRKTØJ

NO	Beskrivelse	Materiale	SPEC.	Antal	NO	Beskrivelse	Materiale	SPEC.	Antal
A	Konsol			1	J-4	Leje		6000	2
A-1	Skrue	35	M5*10	4	J-5	Lejehjul			1
B	Styr	Q235		1	J-6	Flad skive	35		1
B-1	Håndpuls kabel		650L+500L	2	J-7	Sekskantskrue		M8*P1.25	1
B-2	Håndgreb	Plastic	12 B	2	J-8	Lejehjuls fjeder	65mn	φ 16* φ 2.5	1
B-3	Håndskum	STR	φ 20*2T* 5 6 0	2	K-1	Svinghjul		φ 260* 8 K G	1
B-4	Endekappe	PVC	STR7/8 "	2	K-2	Leje			1
C	Styrstolpe	Q235	φ 60*1.8*1066L	1	K-3	Leje			1
C-1	Sekskantskrue	35	M8*P1.25*20L	4	K-4	Leje			1
C-2	Halvcirkelskive	35	φ 8* φ 19*2T	4	K-5	Leje			1
C-3	Sensorkabel		1150L	1	K-6	Leje			1
C-4	Spændekabel		850 L	1	K-7	Svinghjuls aksel			1
D	Stel			1	K-8	Envejsleje			2
D-1	Styrstolpedæksel	ABS		1	K-9	Leje			4
D-2	Sensorkabel nederst		600L	1	K-10	Sekskant møtrik			2

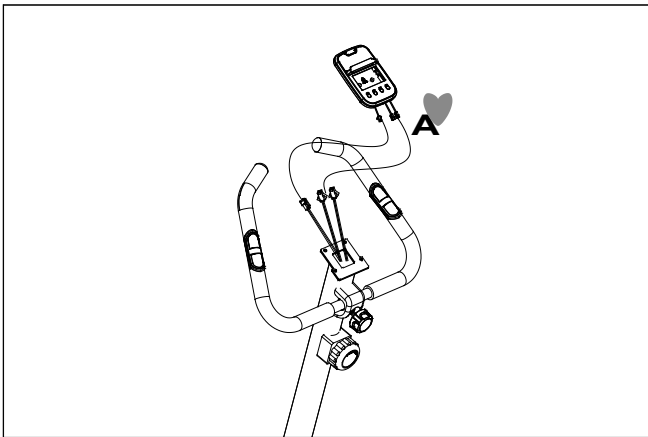
D-3	Spændekabel nederst		1050L	1		K-11	Plastikmuffe			1
D-4	Trækstift			1		K-12	Skrue	35	M8*75	2
D-5	Skrue	35	M3*8L	2		I-8	Skrue	35	M8*1.25L*60L	4
D-6	Sadelpindbundt	PP	1.5T	1		I-9	Flad skive	35	φ 8* φ 19*2T	4
D-7	Drivrem		400J6	1		J-1	Strømhjulsstang	Q195		1
D-8	Hoveddæksel V&H	PS		1		J-2	Nylonmøtrik	35		2
D-9	Krank V&H		9/16	1		J-3	Fjederskive	35		1
D-10	Krankdæksel			2		L-1	Magnetisk plade			1
D-11	Skrue		M8*P1.0*20L	2		L-2	Flad skive	35		1
D-12	Pedal		9/16 ' Teeth, Black'	1		L-3	Nylonmøtrik	35		1
D-13	Skrue	35	ST3.9*50L	8		L-4	Sekskantskrue	35		1
D-14	Skrue	35	3/16*3/4	6		M	Spændeknap			1
D-15	Trækstang	ABS	φ 9	2						
E-1	Remskive		φ 232*6 groove	1						
E-2	Aksel	45	φ 17*188	1						
E-3	Skrue	35	M8*P1.25*12L	3						
E-4	Plastikmuffe			1						
E-5	Leje		6003	2						
E-6	Bølget skive			1						
E-7	Flad skive			1						
E-8	C-clips φ17			1						
E-9	C-clips φ40			2						
F-1	Forstabilisator	Q235		1						
F-2	Forstabilisatordæksel V&H	PP+PA		1						
F-3	Skrue	35	3/16 " *3/4 "	4						
G-1	Bagstabilisator	Q235		1						
G-2	Bagstabilisatordæksel V&H	PP+PA		1						
G-3	Skrue	35	3/16 " *3/4 "	4						
G-3	Skrue	35	M5*12	4						
H	Sadelpind	Q235	D50.8*1.5T*600L	1						
H-1	Sadel		ND-24 Curved Type	1						
H-2	Endedæksel		PP	2						
H-3	Skydeknap			1						
H-4	Fjederskive		7/16	1						
H-5	Flad skive		φ 12* φ 25*2T	1						
H-6	Muffe			1						
I-2	Styrknap	35		2						
I-3	Skrue	35		2						
I-5	Spændekabel nederst		35L	1						
I-6	Trækstift		M 8	4						
I-7	Skrue	35	ST2.9*20L	1						

SAMLEVEJLEDNING

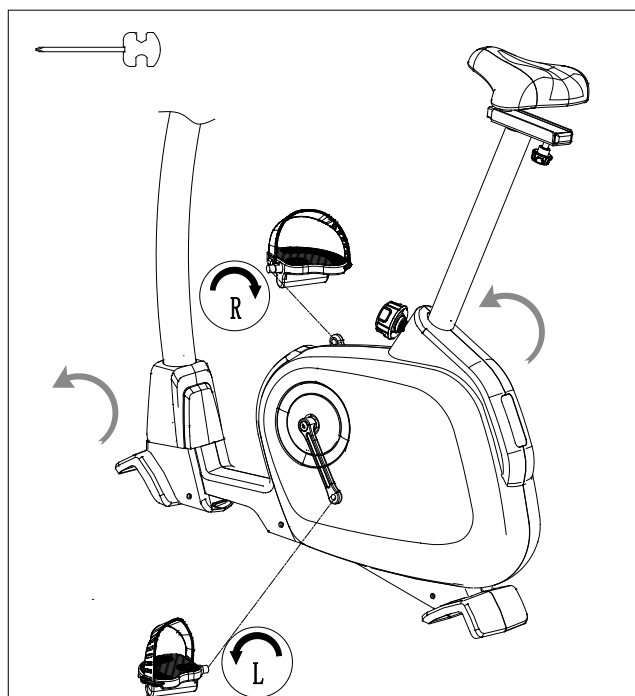
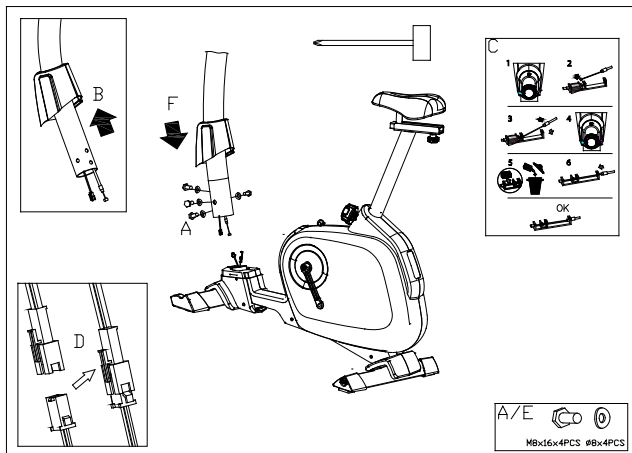
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	TRIN 2

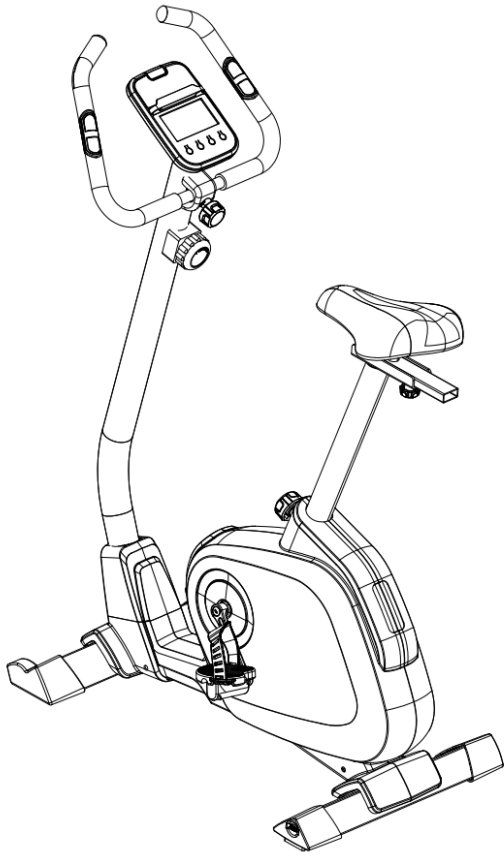


TRIN 3



TRIN 4





*** VIGTIG SIKKERHEDSINFORMATION ***

FØLG VENLIGST SIKKERHEDSREGLERNE NEDENFOR FOR AT UNDGÅ SKADER OG/ELLER ULYKKER.

1. HOLD CYKLEN UTILGÆNGELIG FOR BØRN. LAD IKKE BØRN VÆRE I NÆRHEDEN, NÅR DU BRUGER MASKINEN.
2. KØR IKKE STÅENDE PÅ CYKLEN.
3. KØR IKKE MED LØSE KÅBER, LØSE BUKSER ELLER NEDERDEL.
4. BRUG ALTID SKO MED GUMMISÅL ELLER TENNISKO, NÅR DU KØRER.
5. PLACER CYKLEN PÅ EN GLAT, HÅRD OVERFLADE.
6. BRUGERENS MAKSIMALE VÆGT ER 100 KG.
7. ANVENDELSESOMRÅDET ER TIL HJEMMEBRUG.
8. FØR HVER BRUG SKAL DU SIKRE, AT ALLE DELE PÅ ENHEDEN ER ORDENTLIGT FASTSPÆNDT. HVIS DE ER DEFECT, SKAL DU BEHOLDE OG IKKE BENYTTE CYKLEN ELLER DELENE INDIL REPARATION.
10. BREMSEKLODSENE ER MEST UDSAT FOR SLITAGE. FØR BRUG SKAL DU SIKRE, AT DE FUNGERER.
11. UDSYRETS SIKKERHEDSNIVEAU KAN KUN OPRETHOLDES, HVIS DET REGELMÆSSIGT UNDERSØGES FOR EVENTUELLE SKADER OG SLITAGE.
12. DENNE CYKEL ER IKKE EGNET TIL PROFESSIONEL TERAPEUTISK BRUG.

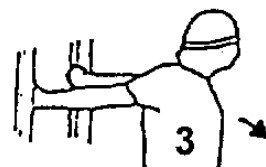
OPVARMNINGSØVELSER



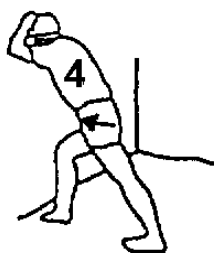
15 seconds for each



20 seconds



20 seconds



25 seconds



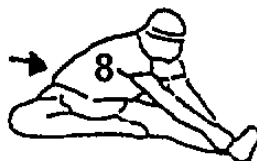
20 seconds



20 seconds



30 seconds



25 seconds for each leg



30 seconds



20 seconds



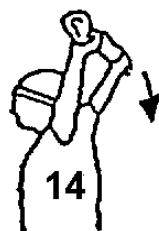
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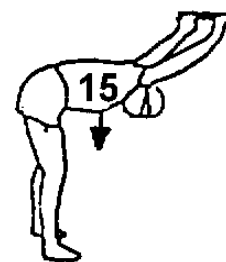
20 seconds



20 seconds for each leg



5 times



15 seconds

Manufactured in China for:

Sport Scandinavia A/S

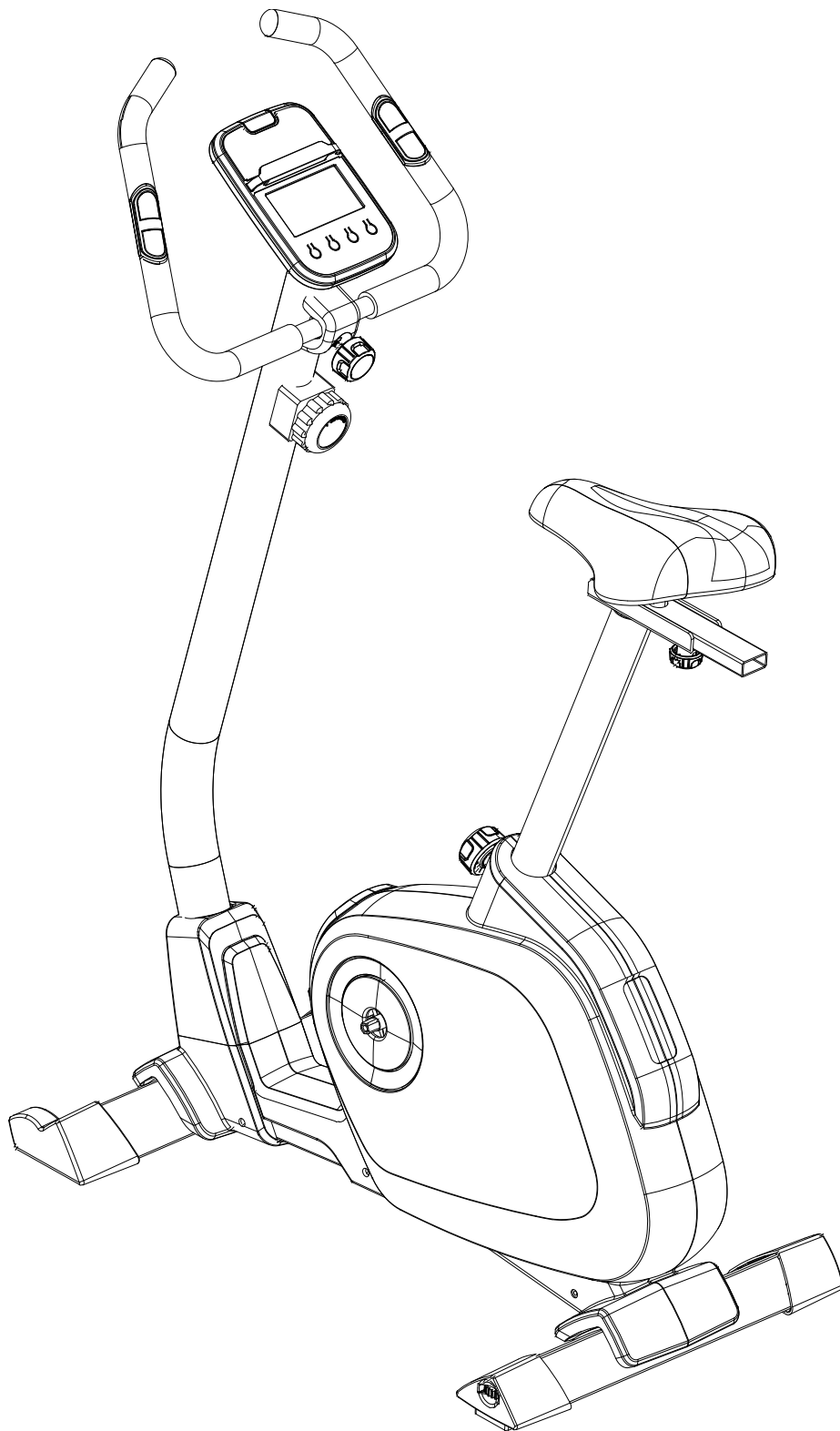
Niels Bohrsvej 2. 9900 Frederikshavn. DK

Tel: +45 70 126 126. E-mail: Info@spsca.dk

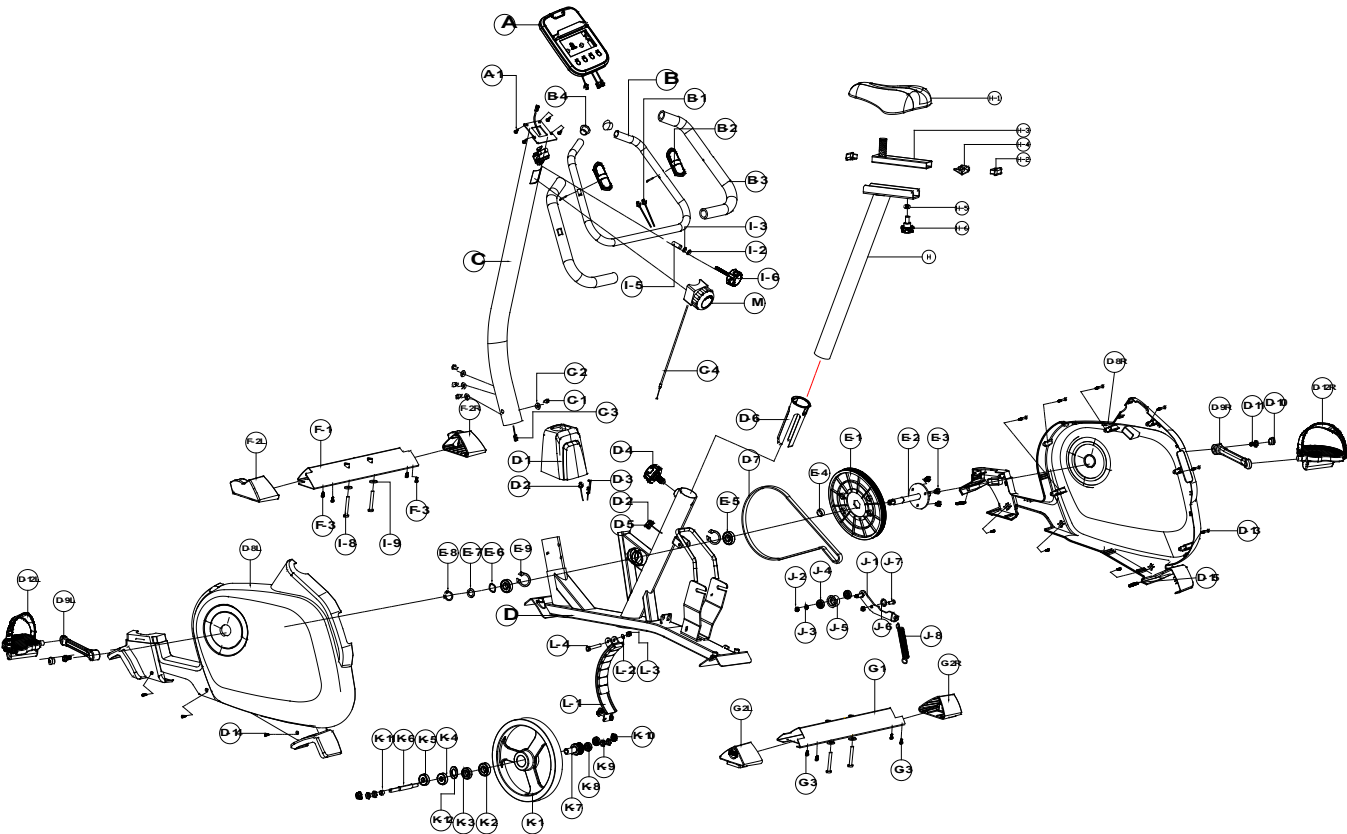
www.spsca.dk

Manual for ASG4667

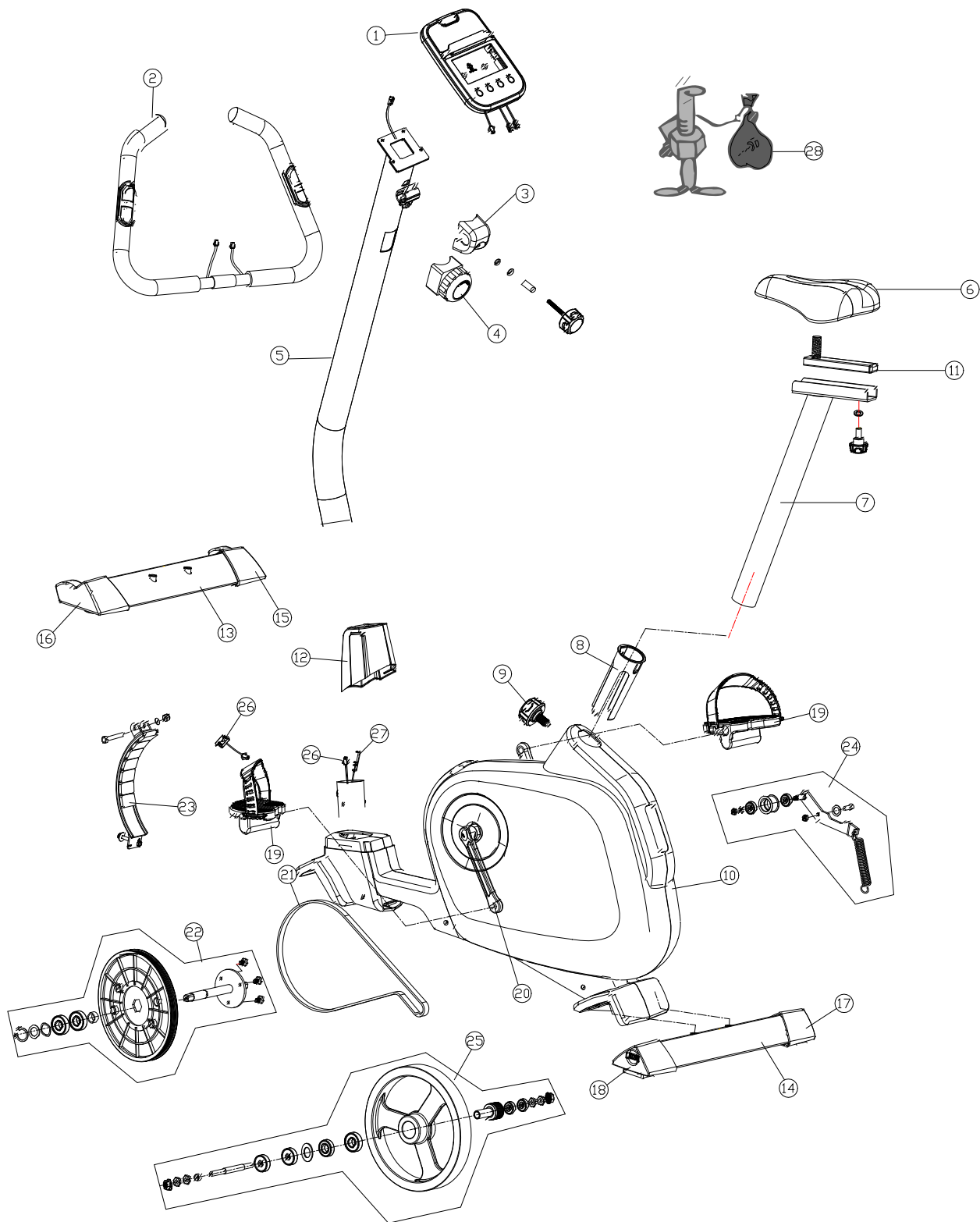
VELOFIT 400



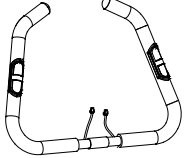
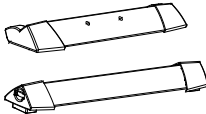
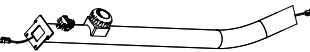
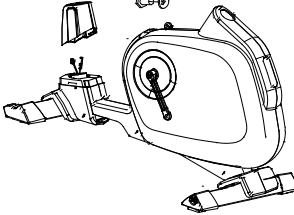
Exploded drawing



Per-assembly drawing



NO	Description		NO	Description
1	Console		18	Rear stabilizer cover L
2	Handlebar		19	Pedal
3	Handlebar cover		20	Frame
4	Tension knob		21	Drive belt
5	Handlebar post		22	Belt pulley assembly
6	Saddle		23	Magnetic set
7	Seat post		24	Idler bar set
8	Seat post bundle		25	Flywheel assembly
9	Pull pin		26	CABLE
10	Main cover		27	Tension cable
11	Seat Slide		28	Screw bag
12	Handlebar post cover			
13	Front stabilizer			
14	Rear stabilizer			
15	Front stabilizer cover R			
16	Front stabilizer cover L			
17	Rear stabilizer cover R			

	1
	1
	1
	1
	1
	1
 4x15*16	1
	1

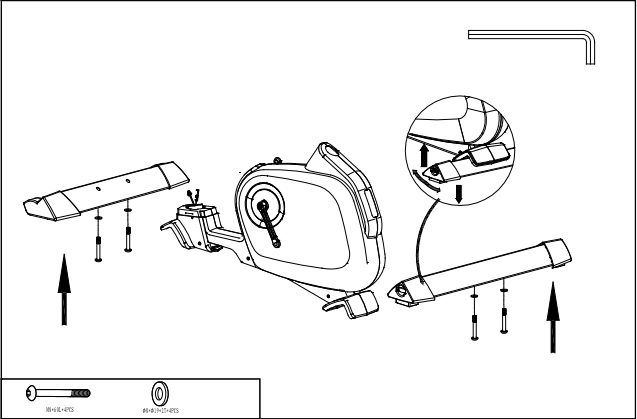
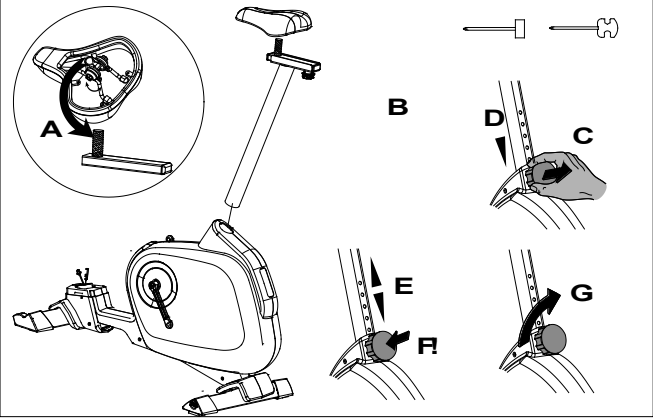
		1
		1
	78	2
	78	2
	78x25	1
	M8x60	4
	78x19	4
	ST3.9x16	4
		1

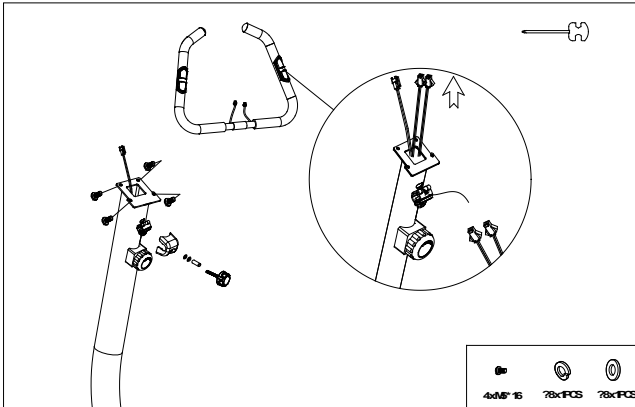
ST AND TOOLS

NO	Description	Material	SPEC.	Q'ty	NO	Description	Material	SPEC.	Q'ty
A	Console			1	J-4	Bearing		6000	2
A- 1	Screw	35	M5*10	4	J-5	Idler wheel			1
B	Handlebar	Q235		1	J-6	Flat washer	35		1
B-1	Hand pulse cable		650L+500L	2	J-7	Hex screw		M8*P1.25	1
B-2	Hand grip	Plastic	12 B	2	J-8	Idler spring	65mn	φ 16* φ 2.5	1
B-3	Hand foam	STR	φ 20*2T* 5 6 0	2	K-1	Flywheel		φ 260* 8 K G	1
B-4	End cap	PVC	STR7/8 "	2	K-2	Bearing			1
C	Handlebar post	Q235	φ 60*1.8*1066L	1	K-3	Bearing			1
C-1	Hex screw	35	M8*P1.25*20L	4	K-4	Bearing			1
C-2	Semi-circle washer	35	φ 8* φ 19*2T	4	K-5	Bearing			1
C-3	Sensor cable		1150L	1	K-6	Flywheel axle			1
C-4	Tension cable		850 L	1	K-7	One-way bearing			1
D	frame			1	K-8	Bearing			2
D-1	Handlebar post cover	ABS		1	K-9	Hex nut			4
D-2	Sensor cable lower		600L	1	K-10	Nut			2
D-3	Tension cable lower		1050L	1	K-11	plastic sleeve			1

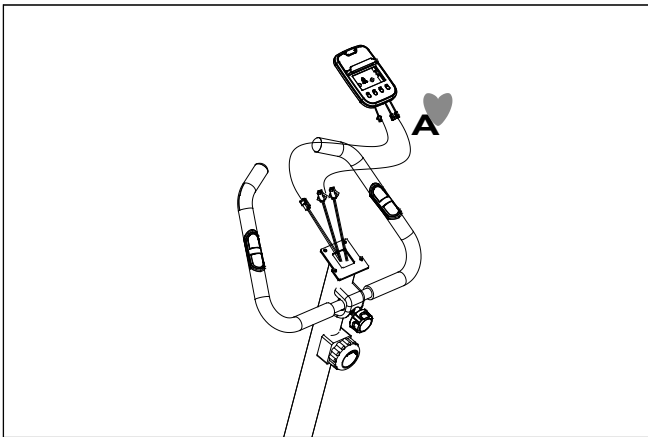
D-4	Pull pin			1	K-12	Screw	35	M8*75	2
D-5	Screw	35	M3*8L	2	I-8	Screw	35	M8*1.25L*60L	4
D-6	Seat post bundle	PP	1.5T	1	I-9	Flat washer	35	φ 8* φ 19*2T	4
D-7	Drive belt		400J6	1	J-1	Idler bar	Q195		1
D-8	Main cover L&R	PS		1	J-2	Nylon nut	35		2
D-9	Crank L&R		9/16	1	J-3	Spring Washer	35		1
D-10	Crank cover			2	L-1	Magnetic plate			1
D-11	Screw		M8*P1.0*20L	2	L-2	Flat washer	35		1
D-12	Pedal		9/16 'Teeth, Black'	1	L-3	Nylon nut	35		1
D-13	Screw	35	ST3.9*50L	8	L-4	Hex screw	35		1
D-14	Screw	35	3/16*3/4	6	M	Tension knob			1
D-15	Pull rod	ABS	φ 9	2					
E-1	Belt pulley		φ 232*6 groove	1					
E-2	Axle	45	φ 17*188	1					
E-3	Screw	35	M8*P1.25*12L	3					
E-4	plastic sleeve			1					
E-5	Bearing		6003	2					
E-6	Wavy washer			1					
E-7	Flat washer			1					
E-8	C-clip φ 17			1					
E-9	C-clip φ 40			2					
F-1	Front stabilizer	Q235		1					
F-2	Front stabilizer cap L&R	PP+PA		1					
F-3	Screw	35	3/16 " *3/4 "	4					
G-1	Rear stabilizer	Q235		1					
G-2	Rear stabilizer cap L&R	PP+PA		1					
G-3	Screw	35	3/16 " *3/4 "	4					
G-3	Screw	35	M5*12	4					
H	Seat post	Q235	D50.8*1.5T*600L	1					
H-1	Saddle		ND-24 Curved Type	1					
H-2	End cap		PP	2					
H-3	slider			1					
H-4	Fixing screw		7/16	1					
H-5	Flat washer		φ 12* φ 25*2T	1					
H-6	Slide knob			1					
I-2	Spring Washer	35		2					
I-3	Flat washer	35		2					
I-5	Sleeve		35L	1					
I-6	Handlebar knob		M 8	4					
I-7	Screw	35	ST2.9*20L	1					

ASSEMBLY INSTRUCTION

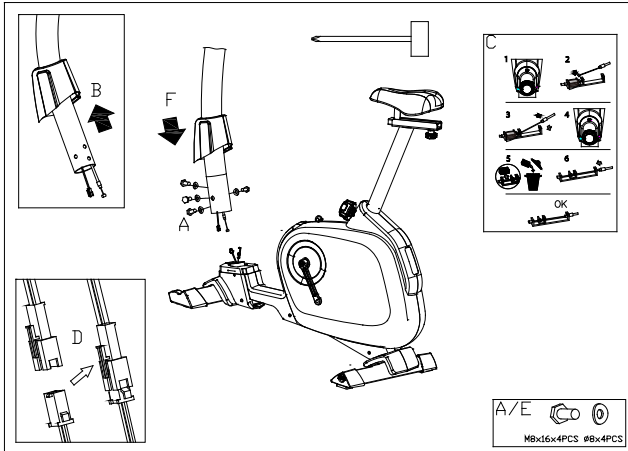
	STEP 1
	STEP 2



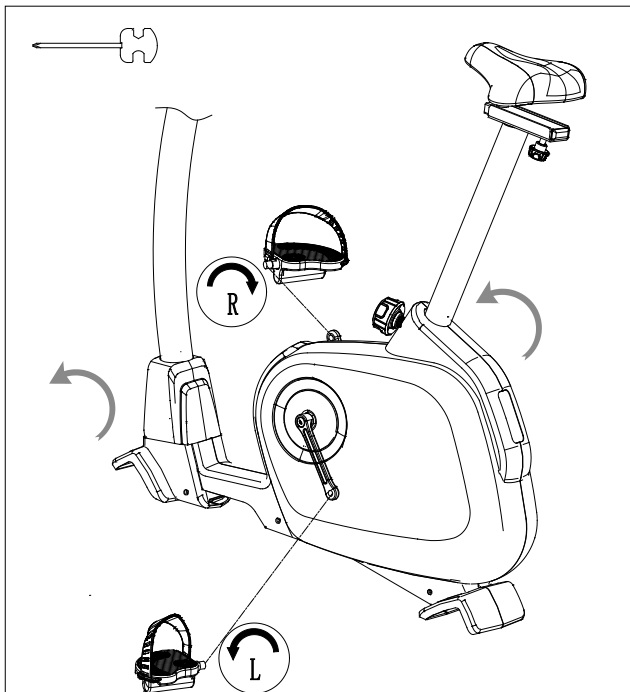
STEP 3



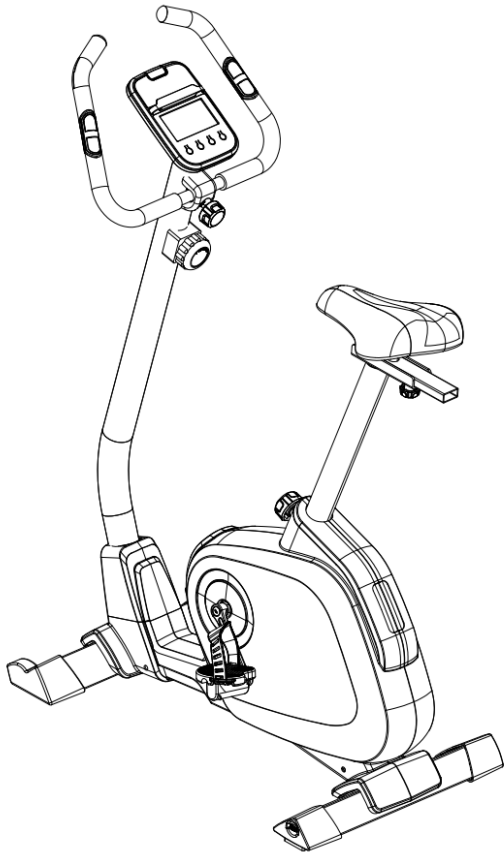
STEP 4



STEP 5



STEP 6



*** IMPORTANT SAFETY INFORMATIONS ***

PLEASE FOLLOW THE SAFETY RULES BELOW TO AVOID INJURY AND/OR ACCIDENTS.

1. KEEP THE BIKE AWAY FROM THE ACCESS OF CHILDREN, DO NOT ALLOW THE CHILDREN TO BE AROUND WHEN USING THE MACHINE.
2. DO NOT RIDE THE BIKE STANDING UP.
3. DO NOT RIDE WHILE WEARING LOSSE ROBES, LOOSE PANTS OR SKIRTS.
4. ALWAYS WEAR A RUBBER SHOES OR TENNIS SHOES WHEN RIDING.
5. PLACE THE BIKE ON A SMOOTH HARD SURFACE.
6. THE USER'S MAX WEIGHT IS 100KGS.
7. FOR HOME USE ONLY.
8. BEFORE EACH USE, MAKE SURE THAT ALL OF THE FASTENERS ON THE UNIT ARE TIGHTENED SECURELY. IF HAVE DEFECTIVE, KEEP THE EQUIPMENT OUT OF UNTIL REPAIR.
10. THE BRAKE PAD IS MOST SUSCEPTIBLE TO WEAR. BEFORE USE, MAKE SURE IT HAVE FUNCTION.
11. THE SAFETY LEVEL OF THE EQUIPMENT CAN BE MAINTAINED ONLY IF IT IS EXAMINED REGULARLY FOR DAMAGE AND WEAR.
12. THIS BIKE NOT SUITS FOR THERAPEUTIC USE.

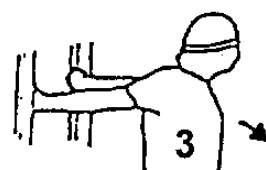
WARM-UP EXERCISE



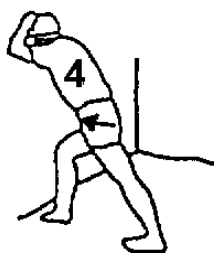
15 seconds for each



20 seconds



20 seconds



25 seconds



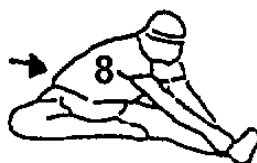
20 seconds



20 seconds



30 seconds



25 seconds for each leg



30 seconds



20 seconds



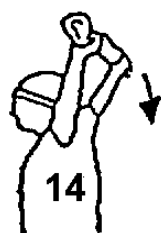
5 seconds x 3 times



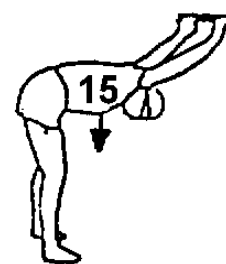
20 seconds



20 seconds for each leg



5 times



15 seconds

Manufactured in China for:
Sport Scandinavia A/S
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www.spsca.dk