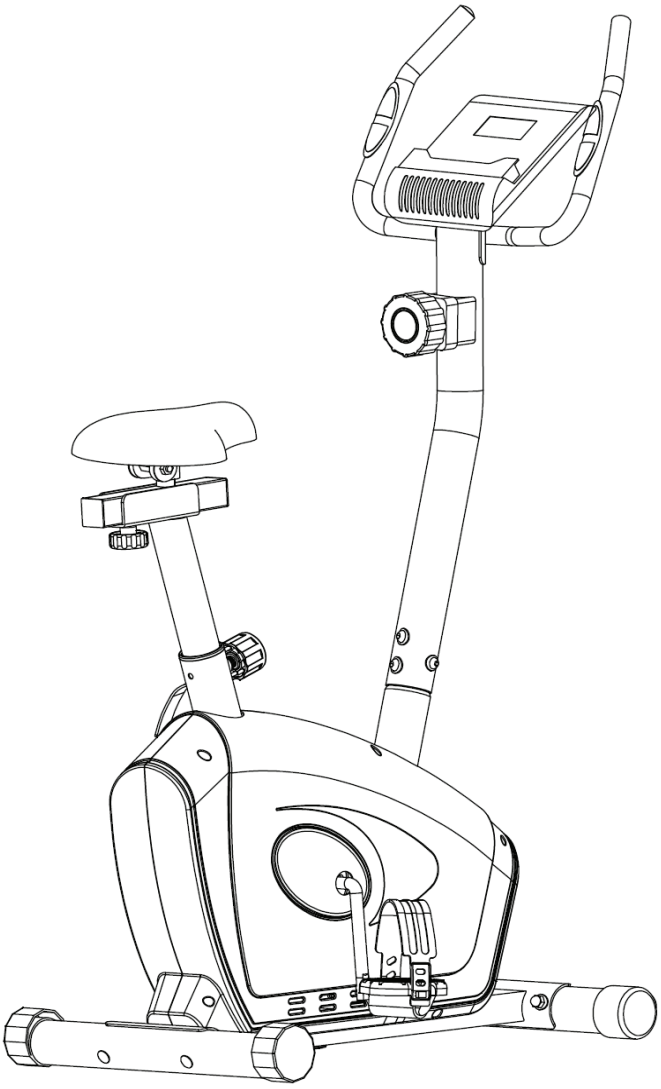
VELOFIT 200 Motionscykel

ASG4649 - Brugsanvisning



VIGTIGT!

Læs venligst alle instruktioner omhyggeligt, inden du bruger dette produkt.

Gem denne manual til senere brug.

Specifikationerne for dette produkt kan afvige en smule fra illustrationerne og kan ændres uden varsel.

VIGTIGE SIKKERHEDSINSTRUKTIONER

Bemærk følgende forholdsregler, før du samler og betjener maskinen.

1. Læs denne brugermanual, og følg instruktionerne omhyggeligt, før du bruger cyklen. Sørg for, at den er korrekt samlet og fastspændt før brug.

2. Vi anbefaler, at du er to personer til at samle denne maskine.

3. Det anbefales at smøre alle bevægelige dele årligt.

4. Bær ikke løstsiddende tøj for at undgå at blive viklet ind i bevægelige dele.

5. Opstil og betjen cyklen på en fast, plan overflade.

6. Brug altid sko, når du bruger maskinen.

7. Hold børn og kæledyr væk fra maskinen, mens den er i brug. Lad ikke børn lege eller bruge maskinen. Denne maskine er designet til voksne, ikke børn.

8. Hold balancen, mens du bruger maskinen.

9. Stop træningen med det samme, hvis du oplever kvalme, åndenød, besvimelse, hovedpine, smerter, trykken for brystet eller ubehag.

10. Stik ikke fingre eller andre genstande ind i de bevægelige dele.

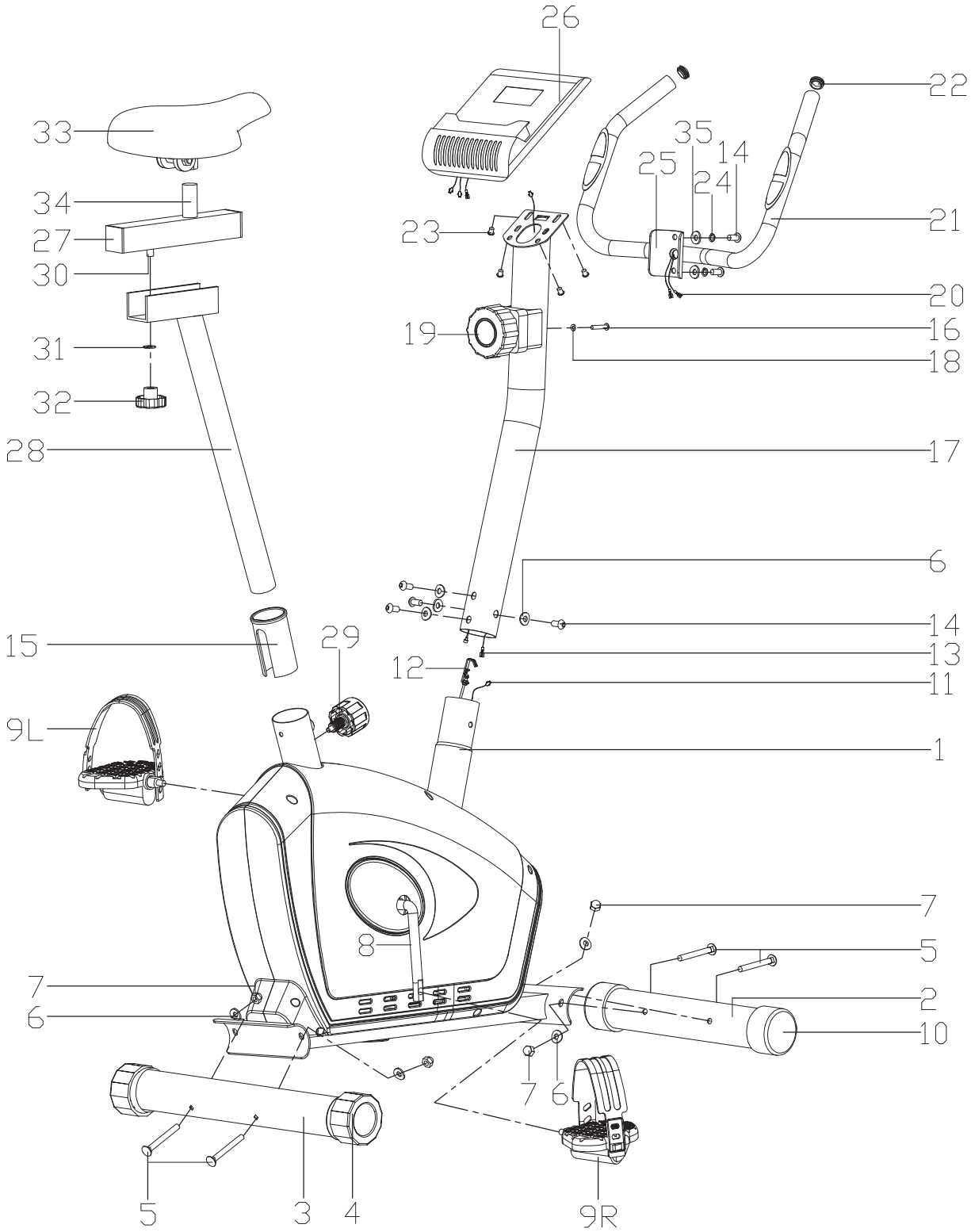
11. Inden du påbegynder nogen form for motion, skal du først konsultere din læge for at fastslå den passende træningsfrekvens, tid og intensitet for din alder og tilstand.

12. Grib ikke fat i sædet for at flytte romaskinen. Sædet vil bevæge sig, og det kan skade din hånd og dine fingre.

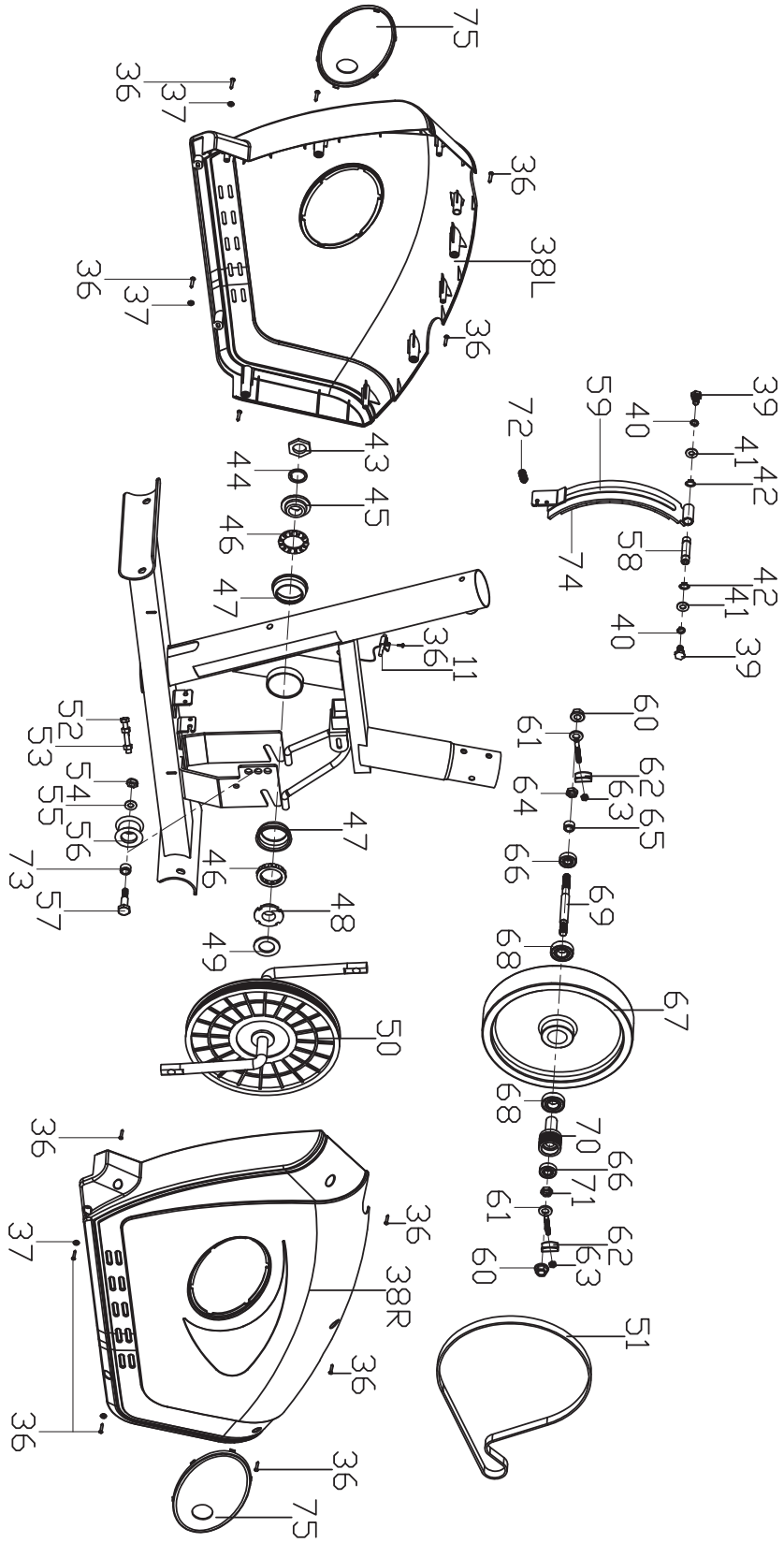
13. Cyklen må kun bruges af én person ad gangen.

14. Maksimal brugervægt er 100 kg.

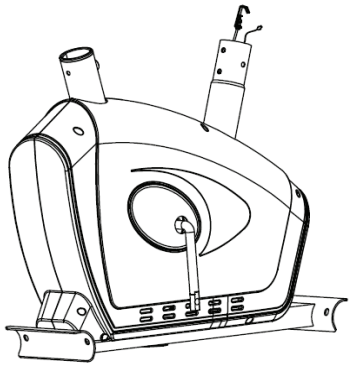
EKSPLODERET TEGNING A



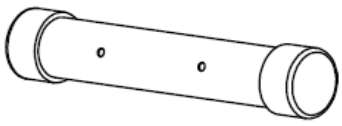
EKSPLODERET TEGNING B



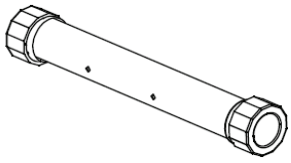
DELLISTE



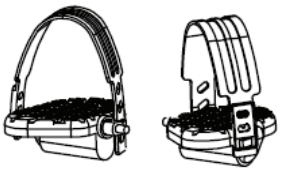
#1 Hovedramme 1PC



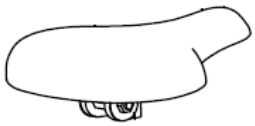
#2 Forreste stabilisator 1PC



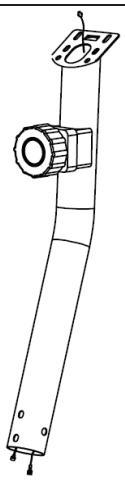
#3 Bagerste stabilisator 1PC



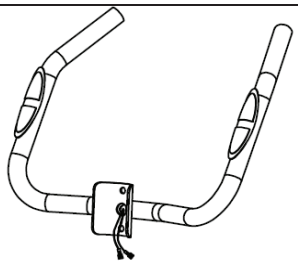
#9R/L Pedal Sæt



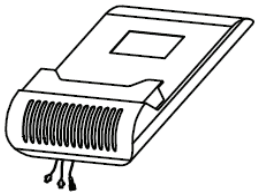
#33 Sadel 1PC



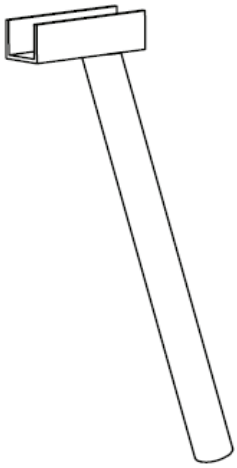
#17 Styrstolpe 1PC



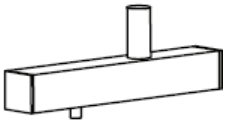
25 Styr 1PC



#26 Computer 1PC

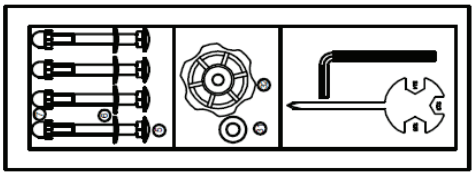


#28 Sadel stolpe 1PC



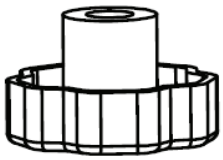
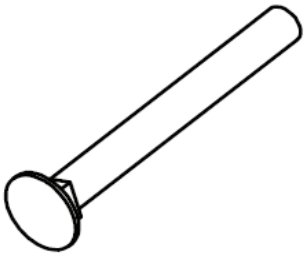
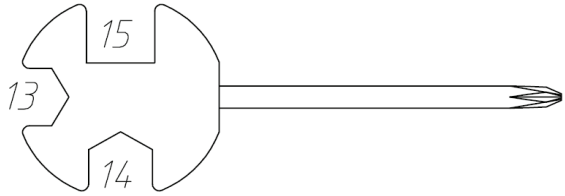
34 Sadel vandret rør 1PC

29 Fjederknap 1PC



Værktøjssæt 1Set

VÆRKTØJ

 # 32 Justeringsmøtrik 1PC	#6 Bueformet skive 4PCS	#31 Spændskive 1PC
 #5 Vognbolt 4PCS	#7 topmøtrik 4PCS	
(S=6) 1PC	 (S=13、14、15）1PC	

DELLISTE

NR.	Beskrivelse	An	NR.	Beskrivelse	Antal
1	Hovedramme	1	19	Modstandskontroller	1
2	Forreste stabilisator	1	20	Pulssensorledning	2
3	Bagerste stabilisator	1	21	Skumgreb	2
4	Endehætte	2	22	Rund endehætte	2
5	Vognbolt M8×L74	4	23	Krydsskruet rundhovedskrue	4
6	Bueformet skive D8*D25*2*R30	8	24	Fjeder-skive D8x1.5	2
7	Topmøtrik M8	4	25	Styr	1
8	Krank	1	26	Computer	1
9L/R	Pedaler	1 pr.	27	*Firkantet endehætte*	2
10	Forreste endehætte	2	28	Sadelpind	1
11	Sensorledning	1	29	Fjederknap	1
12	Trækabel	1	30	U-formet beslag	1
13	Forlængerkabel	1	31	Flad skive D10*20*2	1
14	Indvendig unbrakoskrue M8X16	6	32	Justeringsmøtrik	1
15	*Plastbøsning*	1	33	Sadel	1
16	Krydsskruet rundhovedskrue M5	1	34	Sadelrør (vandret)	1
17	Styrstamme	1	35	Bueformet skive D8*D20*2*R20	2
18	Bueformet skive	1	36	Krydsskruet rundhovedskrue ST4.2*18	13
37	Flad skive D4*1	4	57	Sekskantskrue M10*40*L15	1
38L/R	Kædeskærm	1 pr.	58	Aksel til magnetplade	1
39	Sekskantskrue M6*15	2	59	Magnetplade	1
40	Fjeder-skive D6	2	60	Flangemøtrik M10*1	2
41	Flad skive D6	2	61	Justerbar skrue M6*50	2
42	Fjeder-skive D12	2	62	U-formet skive	2
43	Løsemøtrik	1	63	Sekskantmøtrik M6	2
44	Låseskive	1	64	Tynd møtrikM10*1	1
45	Dobbelt-slids møtrik	1	65	Afstandsstykke φ10*φ16*9	1
46	Kugleleje	2	66	Leje	2
47	Lejekrave	2	67	Svinghjul	1

48	Tre-slids møtrik	1	68	Leje	2
49	Stor skive	1	69	Svinghjulsaksel	1
50	Remskive	1	70	Lille remskive	1
51	Rem	1	71	Sekskantet konisk overflademøtrik M10*1.0	1
52	Sekskantskrue M5*L35	1	72	Fjeder	1
53	Sekskantmøtrik M5	2	73	Afstandsstykke φ16*φ10*6	1
54	Nylonmøtrik M10	1	74	Firkantet magnet	8
55	Flad skive D10*1	1	75	Krankdæksel	2
56	Strammerulle	1			

NOTE:

De fleste af de nævnte monteringsdele er pakket separat, men nogle dele er allerede forudinstalleret i de relevante komponenter. I disse tilfælde skal du blot fjerne og geninstallere delene, når monteringen kræver det.

Henvis venligst til de enkelte monteringsinstruktioner, og vær opmærksom på alle forudinstallerede dele.

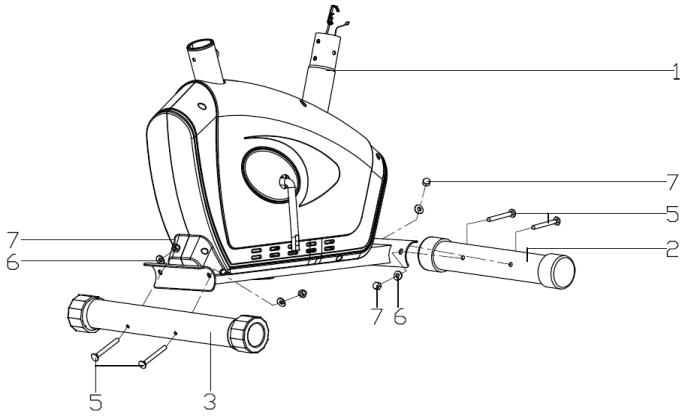
FORBEREDELSE: Før montering skal du sikre, at der er tilstrækkelig plads omkring produktet. Brug det medfølgende værktøj til monteringen. Kontrollér desuden, at alle nødvendige dele er til stede, inden du går i gang.

Det anbefales kraftigt, at maskinen samles af to personer eller flere for at undgå risiko for personskade.

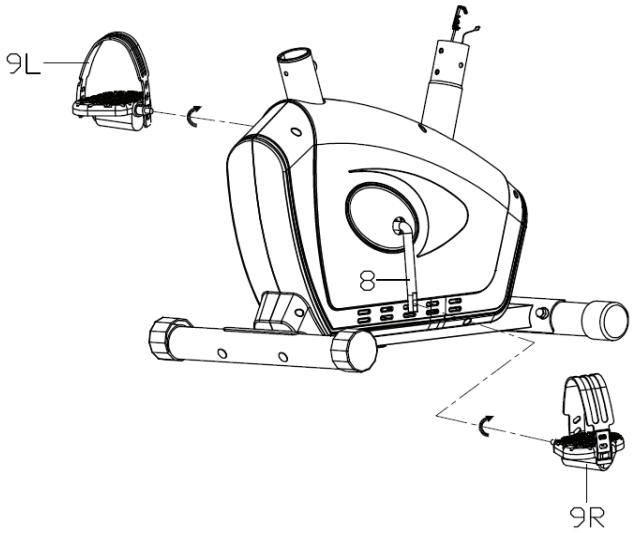
SAMLEVEJLEDNING

TRIN 1:

Fastgør de forreste og bagerste stabilisatorer (2 & 3) til hovedrammen (1) med topmøtrikker (7), bueformede skiver (6) og bolte (5).

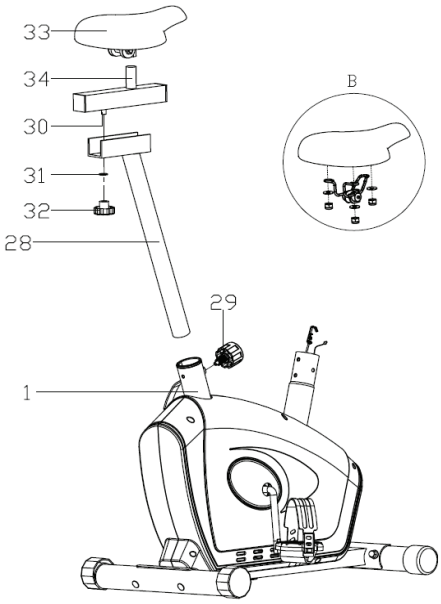


TRIN 2:
Fastgør venstre og højre pedal (9L/R) til krankene (8).
Venstre pedal spændes mod uret, og højre pedal spændes med uret – som vist på billedet nedenfor.
Bemærk venligst, at pedalerne skal forblive stramt fastgjort under brug, da gevindet ellers kan blive beskadiget.



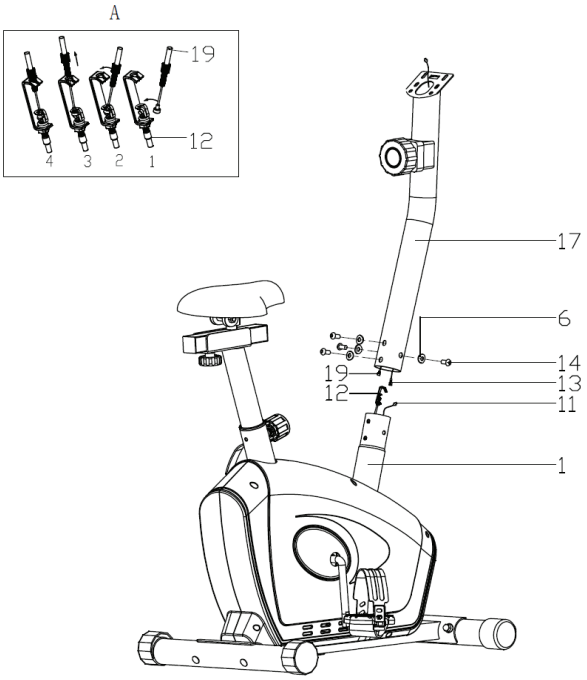
TRIN 3:

1. Indsæt sadelpinden (28) i den lodrette del af hovedrammen (1), og fastgør den med fjederknappen (29).
2. Fastgør sædeskinnen (34) til sadelpinden (28) ved hjælp af en flad skive (31) og drejeknap (32).
3. Monter sadelklemmen på sadlen med skiver og møtrikker som vist på billede B.
4. Stram derefter sadlen (33) fast til sædeskinnen (34) med en fastnøgle. Kontroller, at sadlen (33) er sikkert fastgjort til sædeskinnen (34), før du begynder træningen.



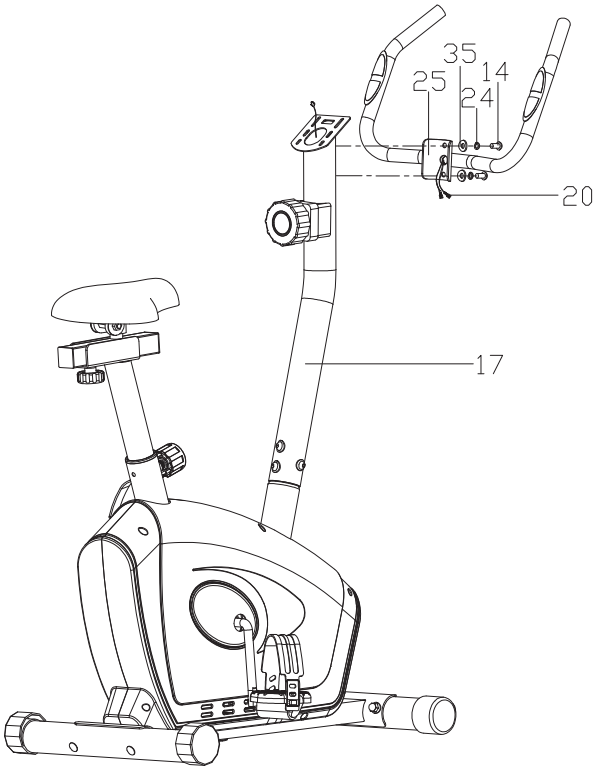
TRIN 4:

1. Tilslut først forlængerkablet (13) til sensorledningen (11), og tilslut modstandskablet (12) til forbindelsen på modstandskontrollen (19) som vist på billede A.
2. Derefter fastgøres styrstammen (17) til hovedrammen (1) med skruer (14) og bueformede skiver (6).



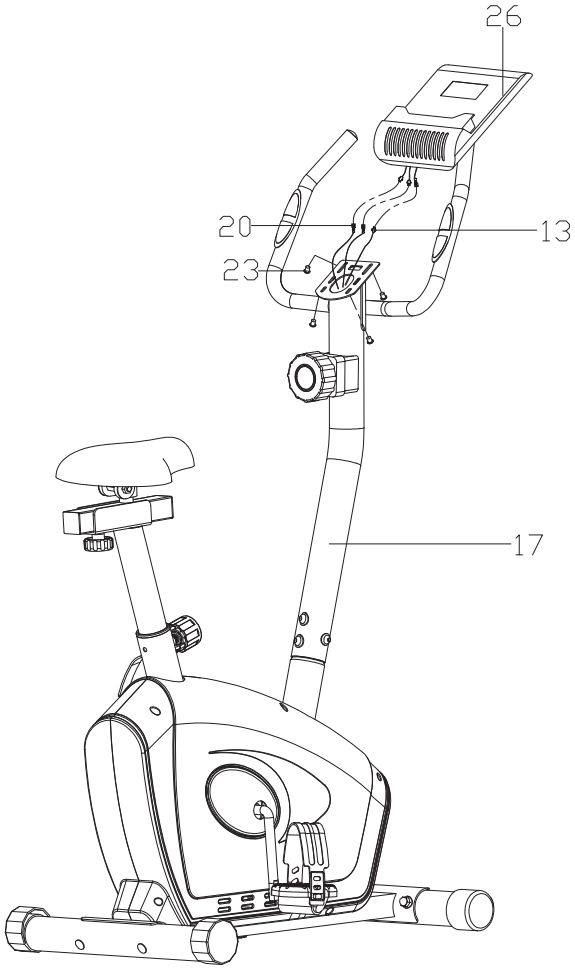
TRIN 5:

1. Før pulstråden (20) gennem hullet i styrstammen (17), og træk den ud gennem hullet i computerbeslaget.
2. Fastgør derefter styret (25) til styrstammen (17) med skruer (14), fjederskiver (24) og bueformede skiver (35).



TRIN 6:

1. Tilslut forlængerkablet (13) og pulstråden (20) til computeren (26), og fastgør derefter computeren (26) til computerbeslaget på styrstammen (17) med skruer (23).



OPBEVARING og VEDLIGEHOLD

1. Opbevar cyklen et rent og tørt sted.
2. Løft i rammen, når cyklen skal flyttes. Brug ikke sædet til at flytte den – sædet kan glide og klemme dine hænder eller fingre.
3. Fjern batteriet, hvis maskinen skal opbevares i længere tid.
4. Rengør sædet med en absorberende klud.
5. Kontrollér altid, at alle møtrikker og bolte er spændt korrekt.
6. Regelmæssig vedligeholdelse er nødvendig.
7. Udskift slidte eller beskadigede dele med det samme.

OPVARMNING og NEDKØLING

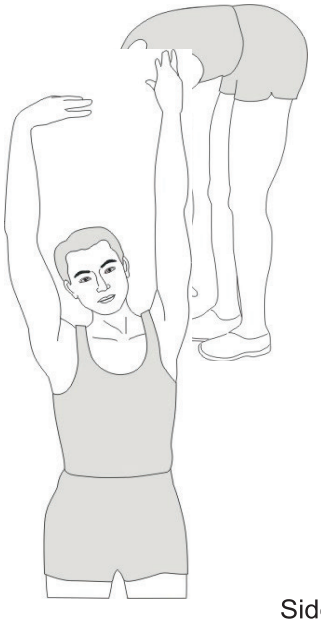
Et succesfuldt træningsprogram består af opvarmning, konditionstræning og nedkøling. Udfør hele programmet mindst to – og helst tre – gange om ugen, med en hviledag mellem hver træning. Efter nogle måneder kan du øge frekvensen til fire eller fem gange om ugen.

OPVARMNING

Formålet med opvarmning er at forberede kroppen på træning og minimere risikoen for skader. Varm op i 2 til 5 minutter før styrketræning eller konditionstræning. Udfør aktiviteter, der øger din puls og varmer de arbejdende muskler op. Det kan f.eks. være rask gang, jogging, sprællemænd, sjipning eller løb på stedet.

UDSTRÆKNING

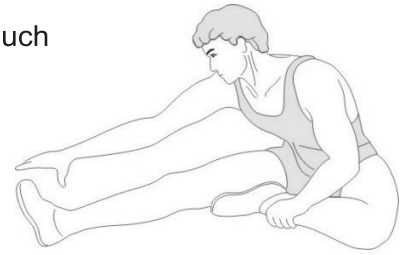
Udstrækning, når dine muskler er varme efter en ordentlig opvarmning – og igen efter din styrke- eller konditionstræning – er meget vigtig. Musklerne strækkes lettere på disse tidspunkter, fordi temperaturen i vævet er forhøjet, hvilket reducerer risikoen for skader markant. Strækøvelser bør holdes i 15 til 30 sekunder. **DU MÅ IKKE FJEDRE I STRÆKKET.**



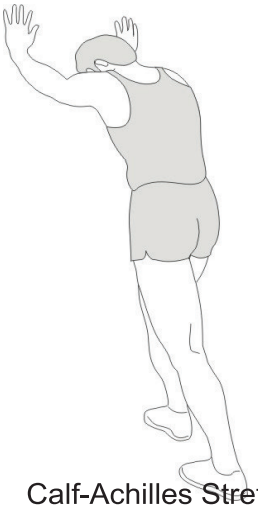
Side Stretch

Inner Thigh Stretch

Toe Touch



Hamstring Stretch



Calf-Achilles Stretch

Husk altid at konsultere din læge, før du påbegynder et træningsprogram.

NEDKØLING

Formålet med nedkøling er at bringe kroppen tilbage til sin normale – eller næsten normale – hviletilstand efter hver træningssession. En ordentlig nedkøling sænker gradvist pulsen og hjælper blodet med at vende tilbage til hjertet.

Manufactured in China for:
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www.spsca.dk

COMPUTERVEJLEDNING

DK

SPECIFIKATIONER:

TID..... 0:00-99:59
HASTIGHED (SPD).....0,0-99,9 KM/T
DISTANCE.....0,00-9999 KM
KALORIER.....0,0-9999 KCAL
※KILOMETERTÆLLER (ODO)..... .....0,0(0)-9999 KM
※OMDR./min.....0-9999
※PULS (PUL) .....0,40~240 BPM

TASTEFUNKTIONER:

TILSTAND: Denne tast giver dig mulighed for at vælge og låse på en den specifikke funktion, du ønsker.

※INDSTIL: Kan fortsætte med at etablere data for TID, DISTANCE, KALORIER, PULS.

※SLET (NULSTIL): Tasten til at nulstille værdien ved at trykke på tasten.

※ TIL/FRA (START/STOP): Tasten til at sætte signalinput på pause ved at trykke på tasten.

Bemærk: Med ※ er en valgfri funktion.

BETJENINGSPROCEDURER:

1. AUTOMATISK TIL/FRA:

⍰ Systemet tændes, når der trykkes på en knap, eller når det registrerer input fra hastighedssensoren.

⍰ Systemet slukker automatisk, når hastigheden ikke har noget signalinput, eller når der ikke trykkes på nogen knap i cirka 4 minutter.

2. NULSTIL: Enheden kan nulstilles ved enten at skifte batteri eller trykke på MODE-tasten i 3 sekunder.

3. MODE: For at vælge SCAN eller LÅS, hvis du ikke ønsker scanningstilstand, skal du trykke på MODE-tasten, når markøren på den ønskede funktion begynder at blinke.

FUNKTIONER:

1. TID: Tryk på MODE-tasten, indtil viseren låser sig på TID. Den samlede arbejdstid vises, når træningen starter.

2. HASTIGHED: Tryk på MODE-tasten, indtil viseren går videre til HASTIGHED. Den aktuelle hastighed vises.

3. DISTANCE: Tryk på MODE-tasten, indtil viseren går videre til DISTANCE. Distancen for hver træning vises.

4. CALORIE: Tryk på MODE-tasten, indtil viseren låser sig på CALORIE. De forbrændte kalorier vises, når træningen starter.

5. ODITETÆLLER (HVIS HAR): Tryk på MODE-tasten, indtil viseren går videre til ODITETÆLLER. Den samlede akkumulerede distance vises.

6. OMDREJNINGER (HVIS HAR): Mål det gennemsnitlige antal gange.

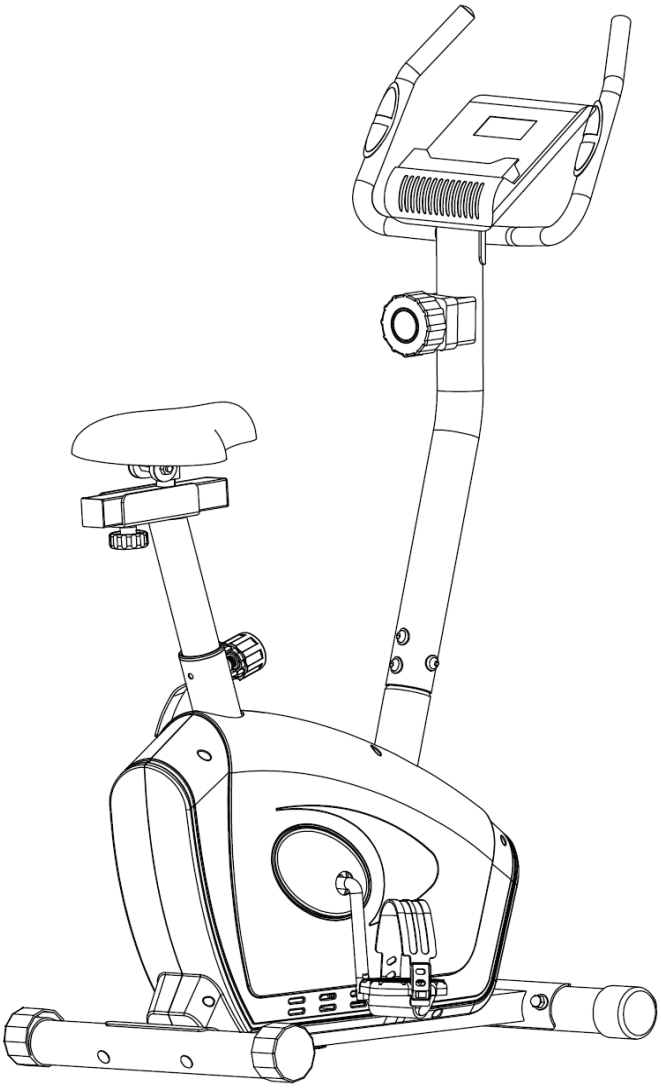
7. PULS (HVIS HAR): Tryk på MODE-tasten, indtil viseren går videre til PULS. Brugerens aktuelle puls vises i slag pr. minut. Placer håndfladerne på begge kontaktpuder (eller sæt øreklipsen mod øret), og vent i 30 sekunder for at få den mest nøjagtige aflæsning.

SCAN: Viser automatisk ændringer hvert 4. sekund.

BATTERI: Hvis visningen på skærmen ikke er korrekt, skal du genindsætte batterierne for at få et godt resultat.

VELOFIT 200

ASG4649 - User Manual



IMPORTANT!

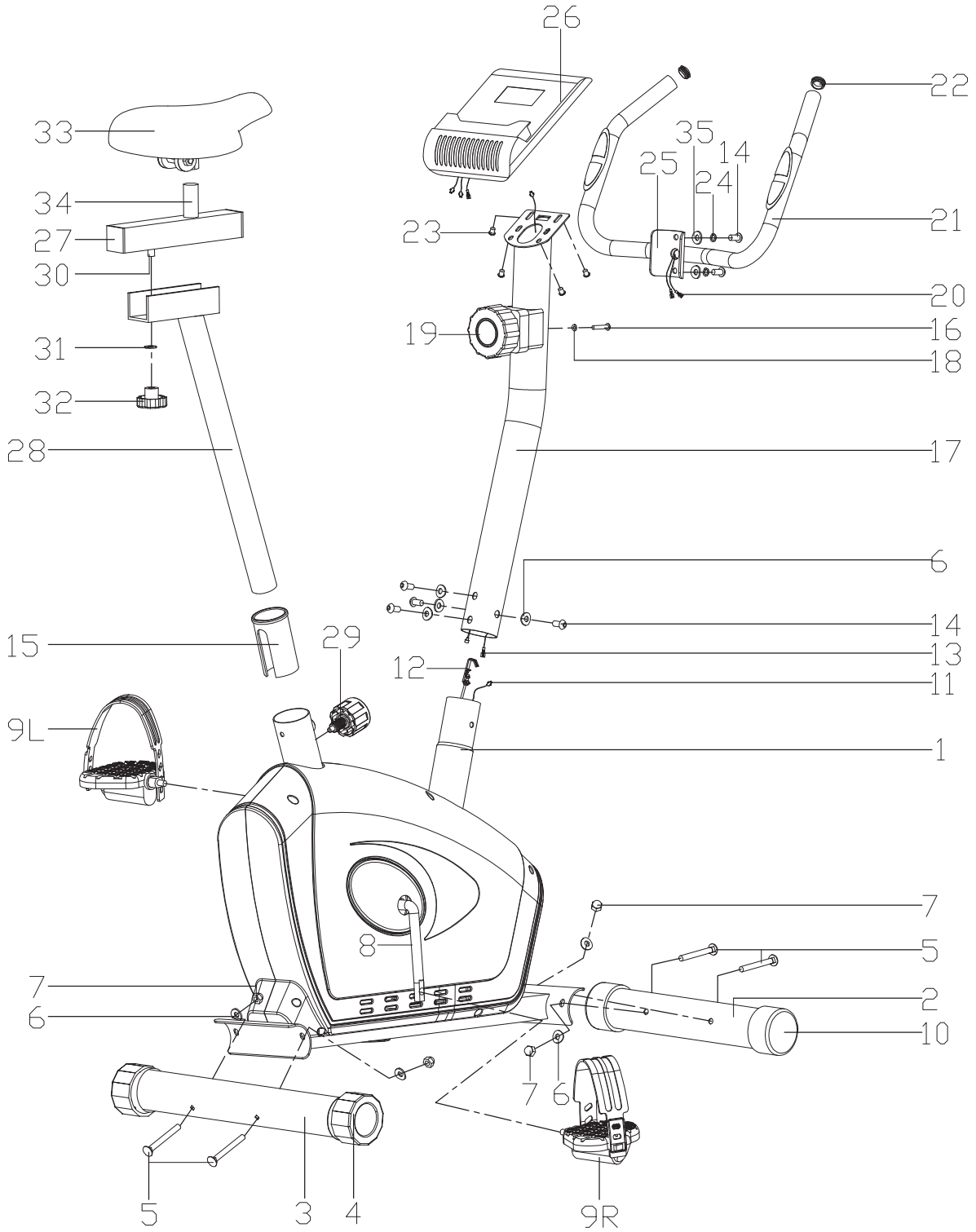
Please read all instructions carefully before using this product.
Retain this manual for future reference.
The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

IMPORTANT SAFETY NOTICE

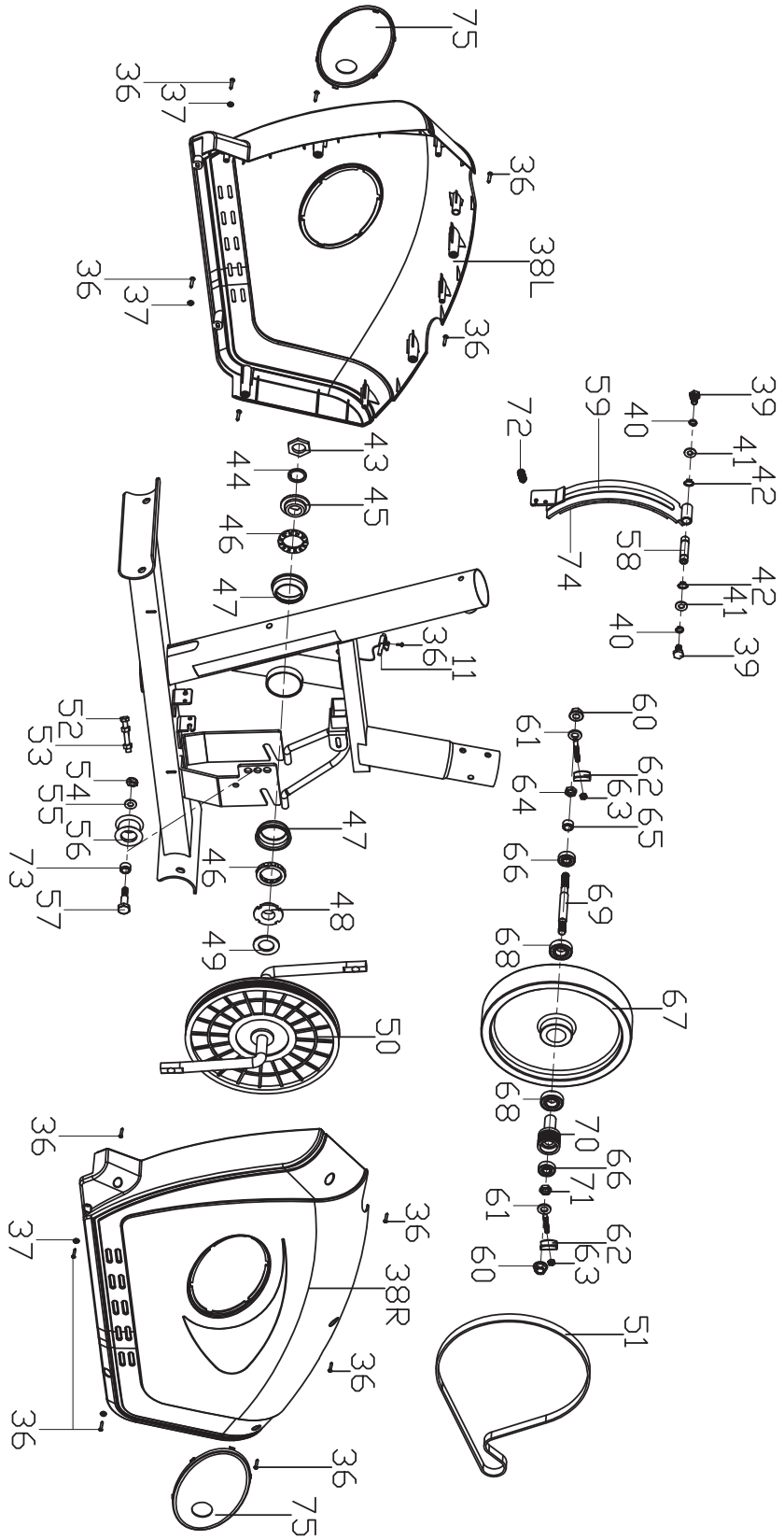
Note the following precautions before assembling and operating the machine.

1. Read this Owner's Manual and follow the instruction carefully before using the bike. Make sure that it is properly assembled and tightened before use.
2. We recommend having two people for assembling this machine.
3. To lubricate all moving parts annually is recommended.
4. Do not wear loose clothing to avoid entangling in any moving parts.
5. Set up and operate the bike on a solid level surface.
6. Always wear shoes when using the machine.
7. Please keep children and pets away from the machine while it is in use. Do not allow children to play or use the machine. This machine is designed for adults, not children.
8. Please maintain your balance while using the machine.
9. Stop exercise immediately in case of nausea, shortness of breath, faint, headache, pain, tightness in your chest or any discomfort.
10. Do not place fingers or any other objects into the moving parts.
11. Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition.
12. Do not grasp the seat to move the Rowing Machine. The seat will move and it may hurt your hand and fingers.
13. The bike shall be used by only one person at a time.
14. Maximum user weight is 100 KG.

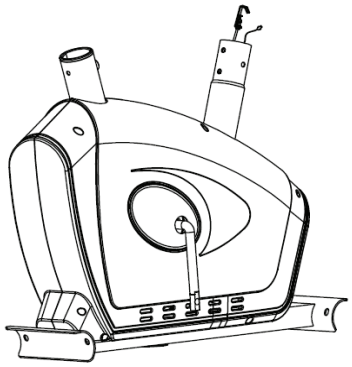
EXPLOADED DIAGRAM A



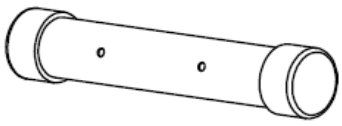
EXPLOADED DIAGRAM B



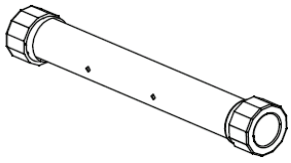
PARTS LIST



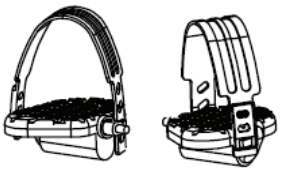
#1 Main frame 1PC



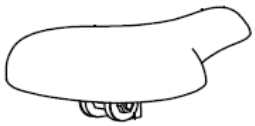
#2 Front Stabilizer 1PC



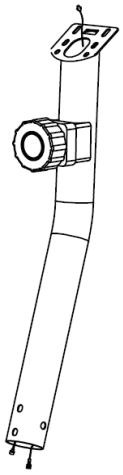
#3 Rear Stabilizer 1PC



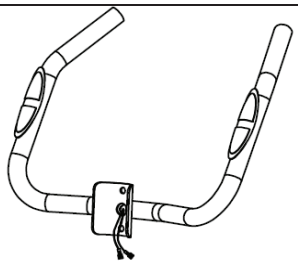
#9R/L Pedal 1Set



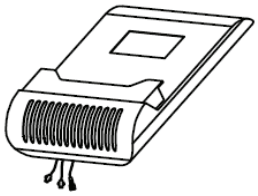
#33 Saddle 1PC



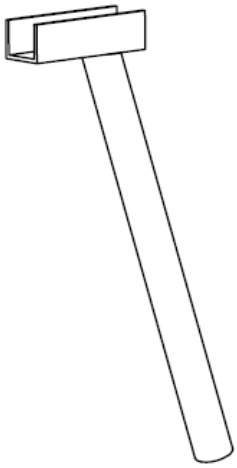
#17 Handlebar post 1PC



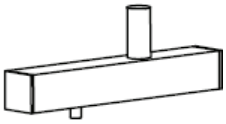
25 Handlebar 1PC



#26 Computer 1PC

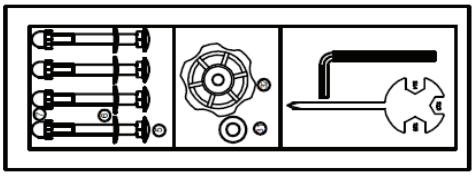


#28 Saddle post 1PC



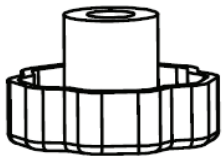
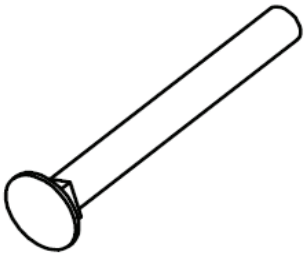
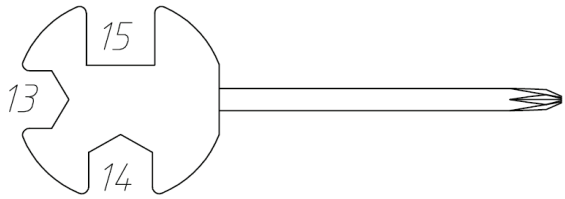
34 Saddle horizontal tube 1PC

29 Spring knob 1PC



Hardware kit 1Set

Hardware kit

 # 32 Plum-nut 1PC	#6 Arc washer 4PCS	#31 Flat washer 1PC
 #5 Carriage bolt 4PCS	#7 Acorn nut 4PCS	
(S=6) 1PC	 (S=13、14、15）1PC	

PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Main frame	1	19	Tension controller	1
2	Front Stabilizer	1	20	Pulse wire	2
3	Rear Stabilizer	1	21	Foam grip	2
4	End cap	2	22	Round cap	2
5	Carriage bolt M8×L74	4	23	Cross pan head screw	4
6	Arc washer D8*D25*2*R30	8	24	Spring washer D8x1.5	2
7	Acorn nut M8	4	25	Handlebar	1
8	Crank	1	26	Computer	1
9L/R	Pedals	1 pr.	27	Square cap	2
10	Front end cap	2	28	Saddle post	1
11	Sensor Wire	1	29	Spring knob	1
12	Tension cable	1	30	U-shaped bracket	1
13	Extension wire	1	31	Flat washer D10*20*2	1
14	Inner hex screw M8X16	6	32	Plum-nut	1
15	Plastic sleeve	1	33	Saddle	1
16	Cross pan head screw M5	1	34	Saddle horizontal tube	1
17	Handlebar post	1	35	Arc washerD8*D20*2*R20	2
18	Arc washer	1	36	Cross pan head screw ST4.2*18	13

37	Flat washerD4*1	4	57	Hex bolt M10*40*L15	1
38L/R	Chain cover	1 pr.	58	Magnetic board axle	1
39	Hex bolt M6*15	2	59	Magnetic board	1
40	Spring washer D6	2	60	Flange nut M10*1	2
41	Flat washer D6	2	61	Adjustable screw M6*50	2
42	Spring washer D12	2	62	U-shape washer	2
43	Lock Nut	1	63	Hex nut M6	2
44	Lock washer	1	64	Thin nut M10*1	1
45	Double-slot nut	1	65	Spacer φ10*φ16*9	1
46	Ball Bearing	2	66	Bearing	2
47	Bearing Collar	2	67	Flywheel	1
48	Three-slot nut	1	68	Bearing	2
49	Big washer	1	69	Flywheel axle	1

50	Belt pulley	1	70	Small pulley	1
51	Belt	1	71	Hex conical surface nut M10*1.0	1
52	Hex bolt M5*L35	1	72	Spring	1
53	Hex nut M5	2	73	Spacer φ16*φ10*6	1
54	Nylon nut M10	1	74	Square magnet	8
55	Flat washer D10*1	1	75	Crank cover	2
56	Idler pulley	1			

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

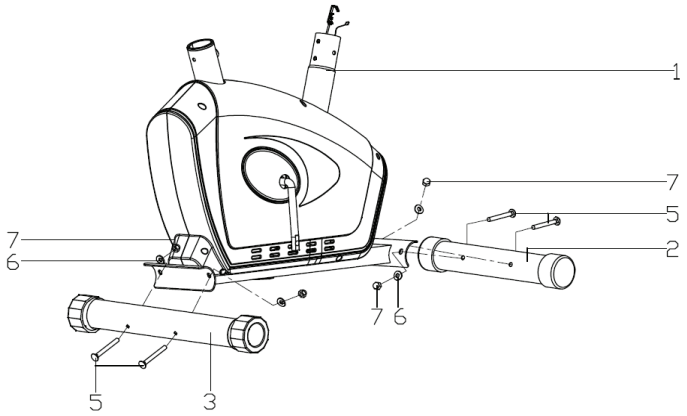
PREPARATION: Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; Before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

ASSEMBLY INSTRUCTIONS

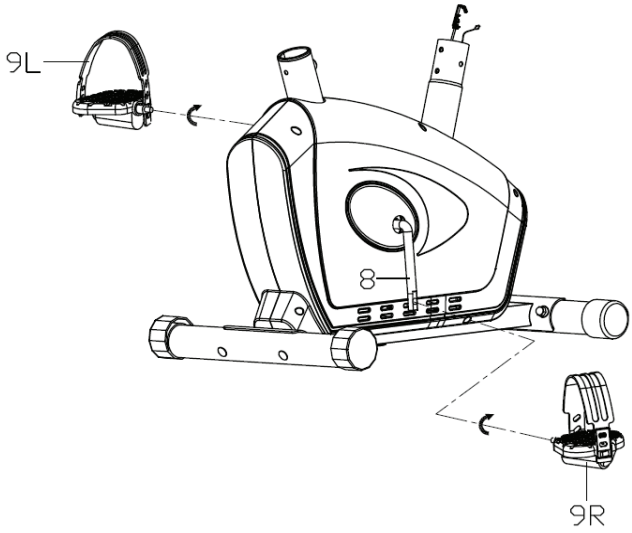
STEP 1:

Tighten the front and rear stabilizers (2 & 3) to the main frame (1) with cap nuts (7), arc washers (6) and bolts (5).



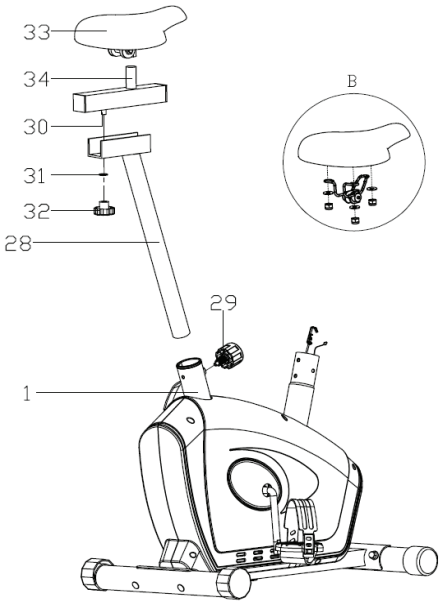
STEP 2:

Tighten left and right pedals (9L/R) to the cranks (8). Tighten the left pedal anti-clockwise and right pedal clockwise, as shown in picture below. Please note that the pedals should stay tightened during movement, otherwise the threads of pedals may be damaged.



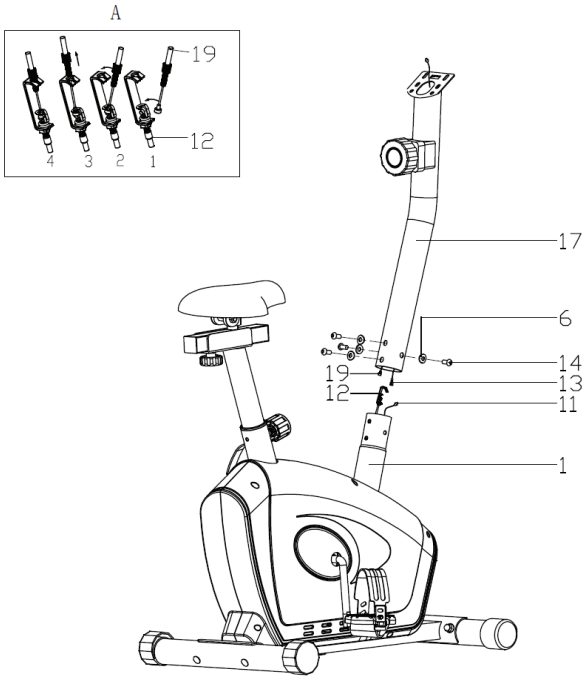
STEP 3:

1. Insert the seat post (28) into the vertical tube of main frame (1), and tighten with spring knob (29).
2. Tighten seat slider (34) to the seat post (28) using a flat washer (31) and knob (32).
3. Fix the seat clamp onto the saddle with washers and nuts as shown in picture B.
Then tighten saddle (33) to seat slider (34) with a wrench. Please check the saddle (33) is securely tightened to seat slider (34) before you start workout.



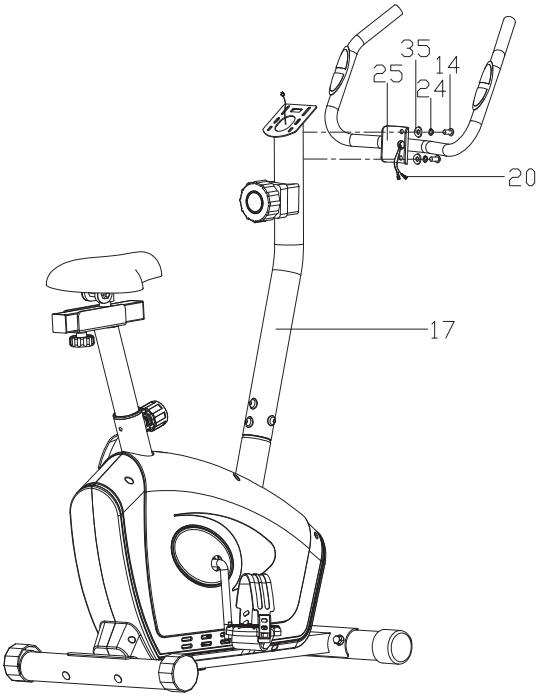
STEP 4:

1. First connect extended wire (13) to sensor wire (11), and connect tension control wire (12) to the joint of tension control (19) as shown in picture A. Then tighten the handlebar post (17) to the mainframe (1) with screws (14) and arc washers (6).



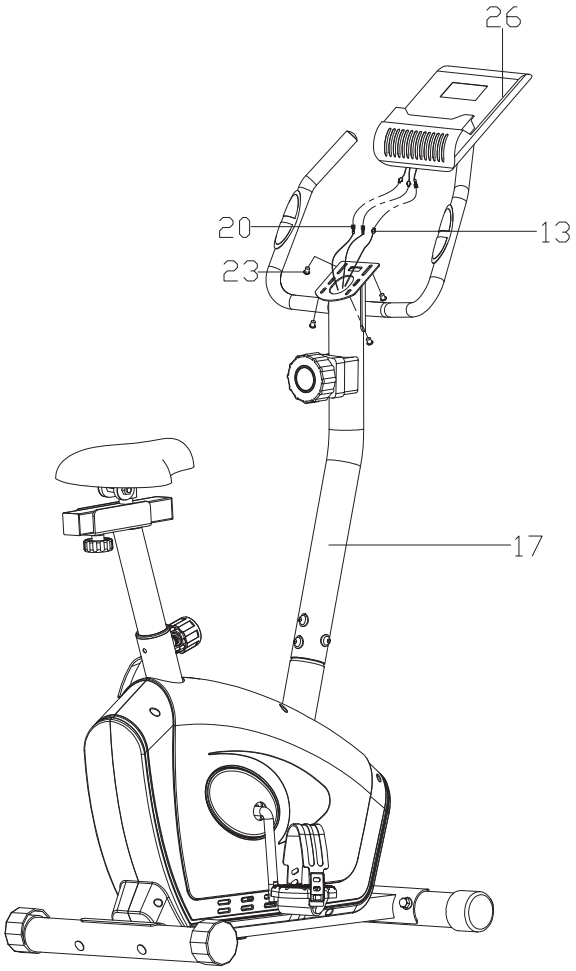
STEP 5:

Thread the pulse wire (20) through hole of handlebar post (17) then pull out from the hole of computer bracket. Then tighten the handlebar (25) to the handlebar post (17) with screws (14), spring washers (24) and arc washers (35).



STEP 6:

Connect extended wire (13) and pulse wire (20) to the computer (26), then tighten the computer (26) to the computer bracket of handlebar post (17) with screws (23).



STORAGE AND MAINTENANCE

1. Keep the rowing machine in a clean dry place.
2. Grasp the frame to move the rowing machine. Do not use the seat to move it. The seat will move and it may hurt your hand and fingers.
3. Please remove the battery before storing the machine for a long time.
4. Clean the Seat Rail with an absorbent cloth.
5. Always make sure all the nuts and bolts are properly tightened.
6. Regular maintenance is required.
7. Replace any worn or damaged parts immediately.

WARM-UP and COOL-DOWN

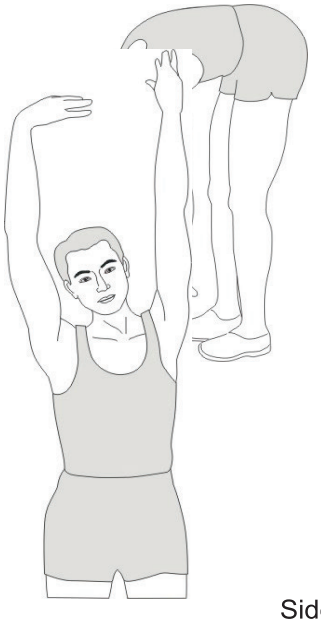
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

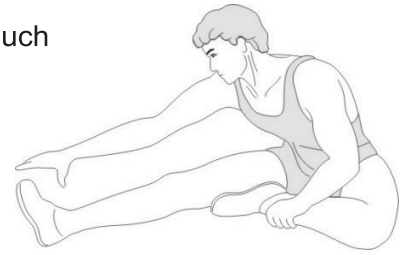
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



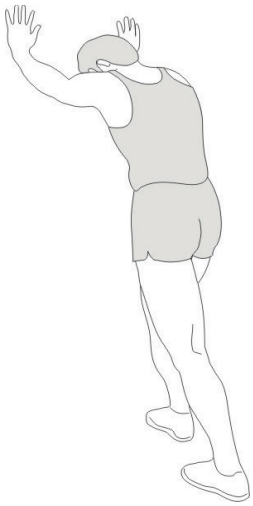
Side Stretch

Inner Thigh Stretch

Toe Touch



Hamstring Stretch



Calf-Achilles Stretch

Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

EXERCISE MONITOR INSTRUCTION MANUAL

SPECIFICATIONS:

TIME..... 0:00-99:59
SPEED(SPD).....0.0-99.9KM/H (ML/H)
DISTANCE.....0.00-9999KM (ML)
CALORIES.....0.0-9999KCAL
※ODOMETER(ODO).....0.0(0)-9999KM (ML)
※RPM.....0-9999
※PULSE (PUL) .....0，40~240BPM

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.
※**SET:**Can to proceed the data establish for TIME、DISTANCE、CALORIES、PULSE.
※**CLEAR(RESET):**The key to reset the value to zero by pressing the key.
※ **ON/OFF(START/STOP):**The key to pause the signal input by pressing the key.
Remark ： With ※ is an optional feature.

OPERATION PROCEDURES:

1. **AUTO ON/OFF：**
   - ◆ The system turns on when any key is pressed or when it sensor an input from the speed sensor.
   - ◆ The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.
2. **RESET：** The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.
3. **MODE：** To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS:

1. **TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.
2. **SPEED:**Press the MODE key until the pointer advance to SPEED. The current speed will be shown.
3. **DISTANCE**:Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.
4. **CALORIE:** Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.
5. **ODOMETER**(IF HAVE): Press the MODE key until the pointer advance to ODOMETER.The total accumulated distance will be shown.
6. **RPM**(IF HAVE):Measure the average number of times.
7. **PULSE**(IF HAVE): Press the MODE key until the pointer advance to PULSE .User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads(or put ear-clip to ear),and wait for 30 seconds for the most accurate reading.

SCAN: Automatically display changes every 4 seconds.

BATTERY: If improper display on monitor, please reinstall the batteries to have a good result.

Manufactured in China for:
Sport Scandinavia A/S
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Tel: +45 70 126 126. E-mail: Info@spsca.dk
www.spsca.dk