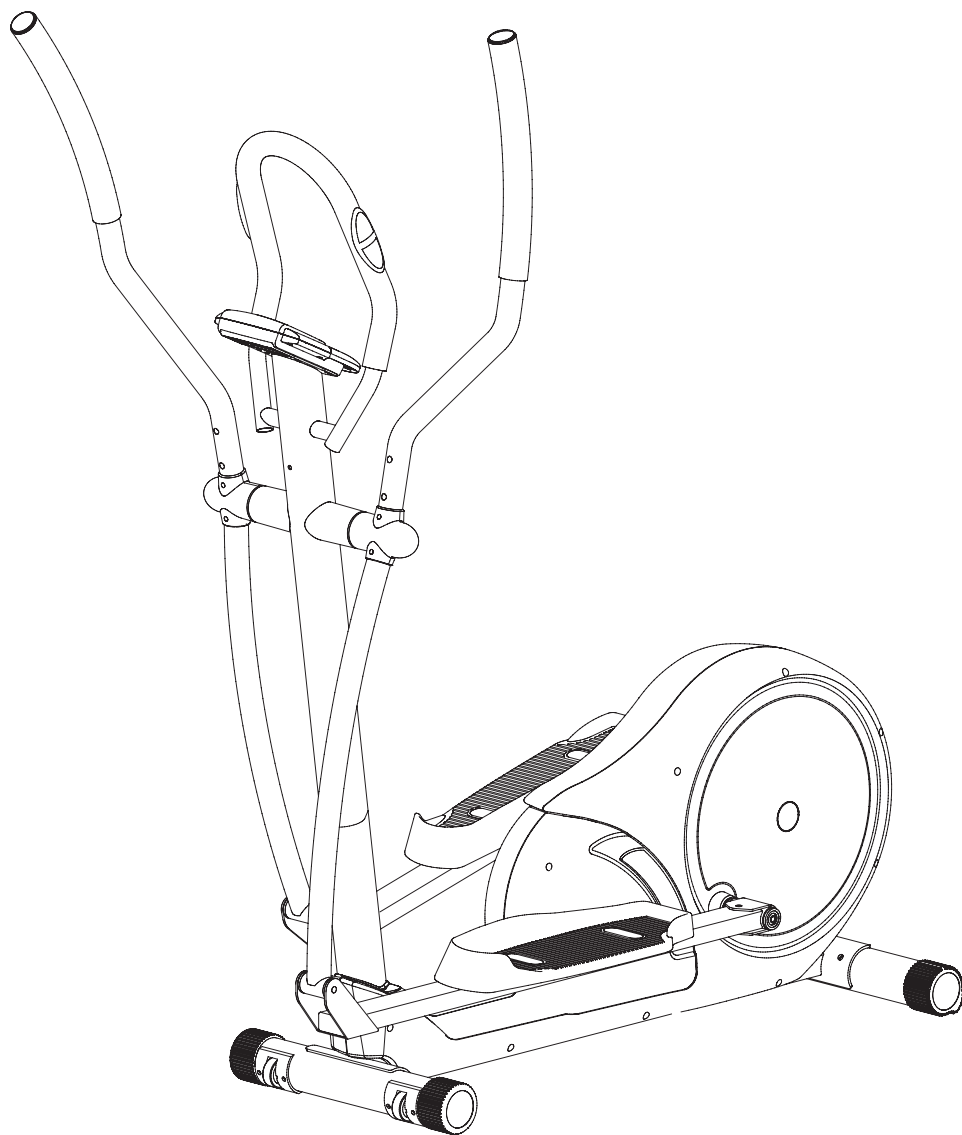




Bruks- og monteringsanvisning til Abilica ExElip 2.1

Art. 760021



Parts List

G Monitor

C Front stabilizer

D Central tube

L Axle

B Rear stabilizer

A Main frame

E Front handlebar

F Side handlebar

J Pedal support plate

K Swing tube joint cover

(K3)

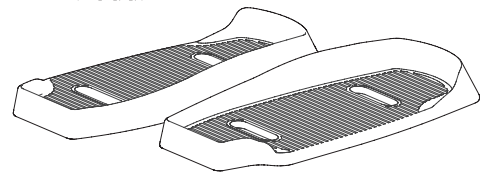
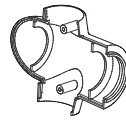
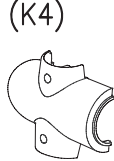
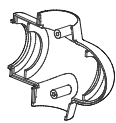
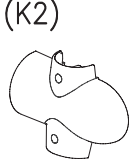
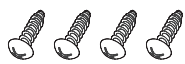
(K5)

H Pedal

(K1) Screw M3x15mm

(K2)

(K4)

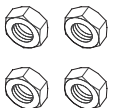
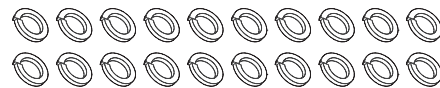
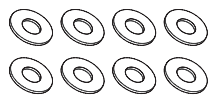
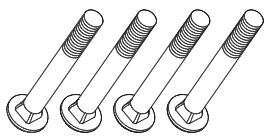


M (M1) Bolt M8x72mm

(M2) Flat washer M8

(M3) Spring washer M8

(M4) Nut M8



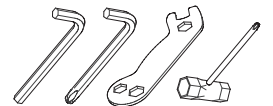
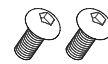
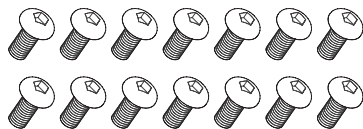
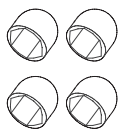
(M5) Nut cover

(M6) Bolt M8x15mm

(M7) Flat washer M8

(M8) Bolt M8x20mm

Tools

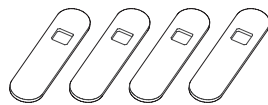
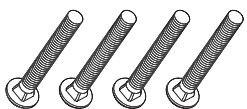


(M9) Bolts M6x50mm

(M10) Spacer 3T

(M11) Flat washers M6

(M12) Spring washers M6



(M13) Knob M6

(M14) Arc washer M8

(M15) Bolt M5x10mm

(M16) Adaptor

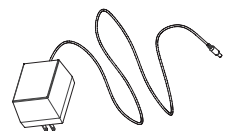
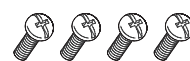
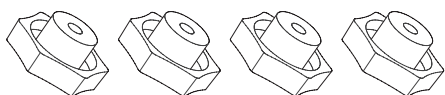


FIGURE 1

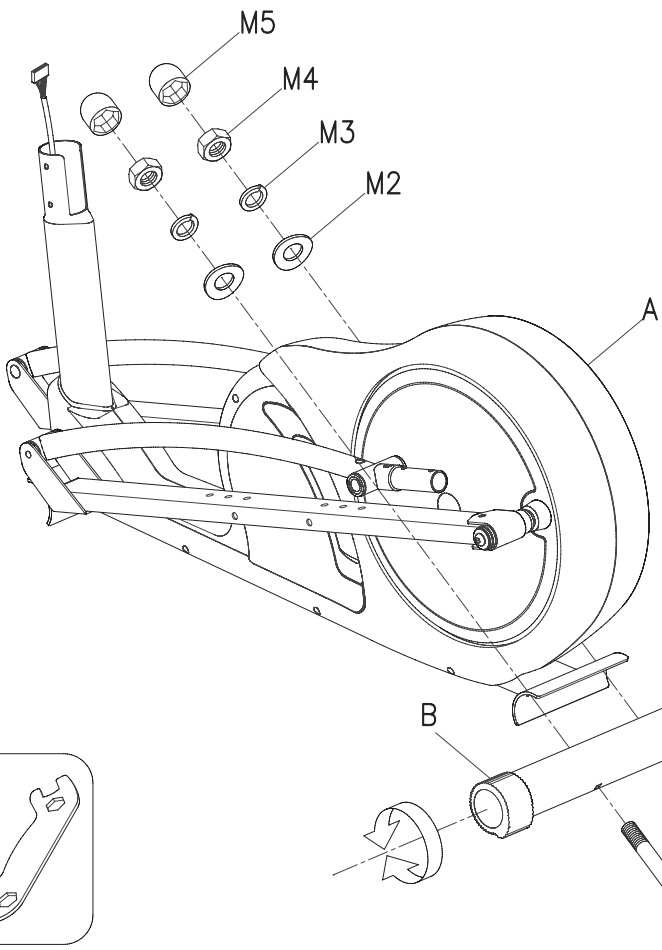


FIGURE 1

ASSEMBLY FOR REAR STABILIZER

Use the bolts(M1) through the rear stabilizer(B) to attach the bracket at the back of the main frame(A).

Then, Secure it by flat washers(M2), spring washers(M3), nuts(M4) & nut covers(M5).

HOW TO KEEP THE MACHINE STABLE

If the machine can't be stand stable, you can adjusted the end cap of rear stabilizer(B) to adjust the machine.

FIGURE 2

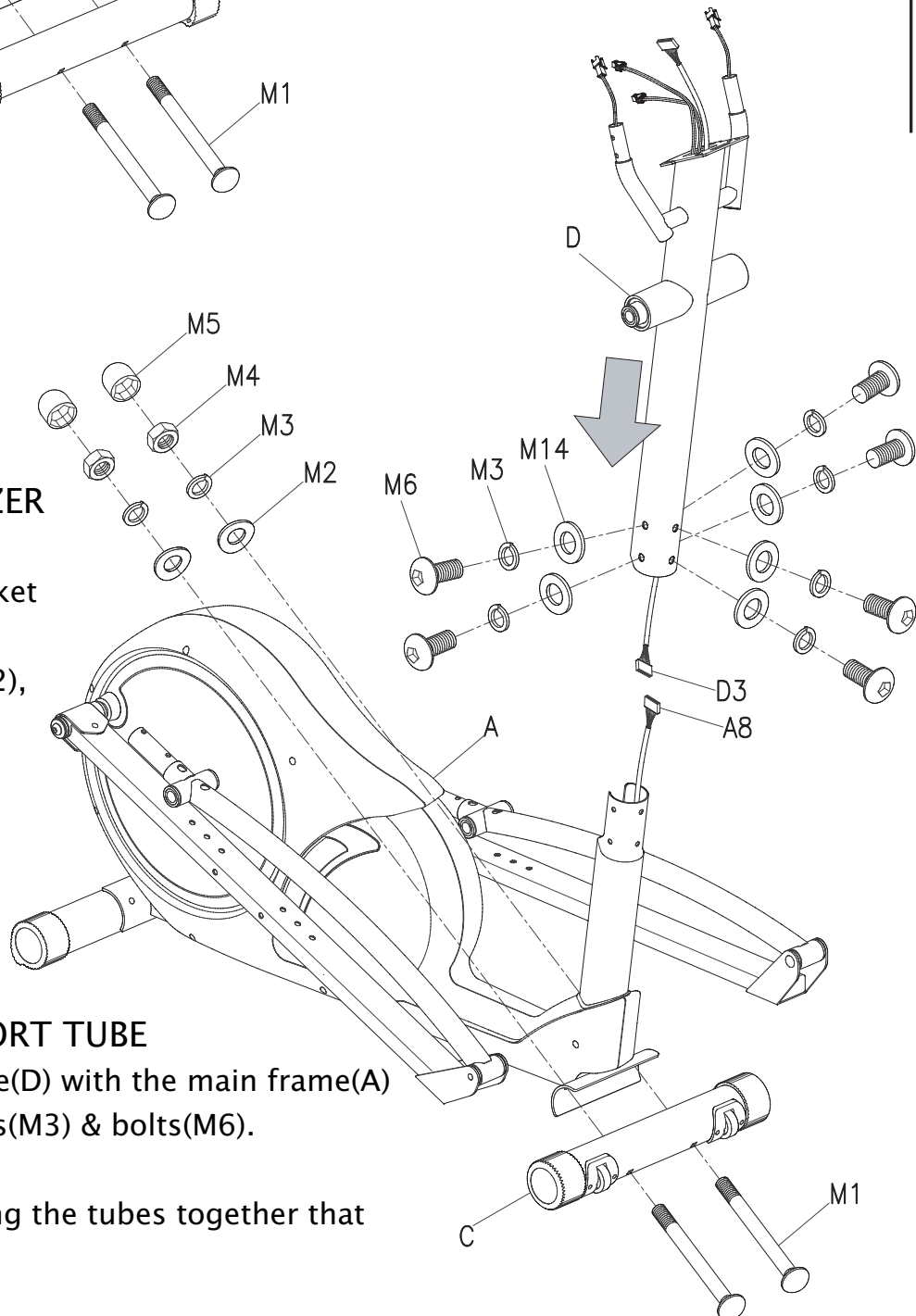


FIGURE 2

ASSEMBLY FOR FRONT STABILIZER

Use the bolts(M1) through the front stabilizer(C) to attach the bracket at the front of the main frame(A).

Then, Secure it by flat washers(M2), spring washers(M3), nuts(M4) & nut covers(M5).

ASSEMBLY FOR CENTRAL SUPPORT TUBE

Assembly the central support tube(D) with the main frame(A) by arc washers(M14), spring washers(M3) & bolts(M6).

ATTENTION: Take care when pushing the tubes together that the cables are not pinched.

FIGURE 3

ASSEMBLY THE SWING TUBE

Step1. Lift the swing tubes(A26) up and push the axle tube(L) into the middle of the swing tubes(A26) and central support tube(D).

Step2. Secure them by washers(M7), spring washers(M3), bolts(M8) with two tools.

** Use two tools from each side at the same time.

USE TOOL

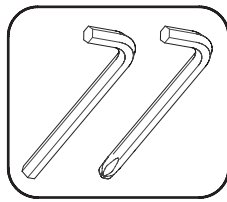
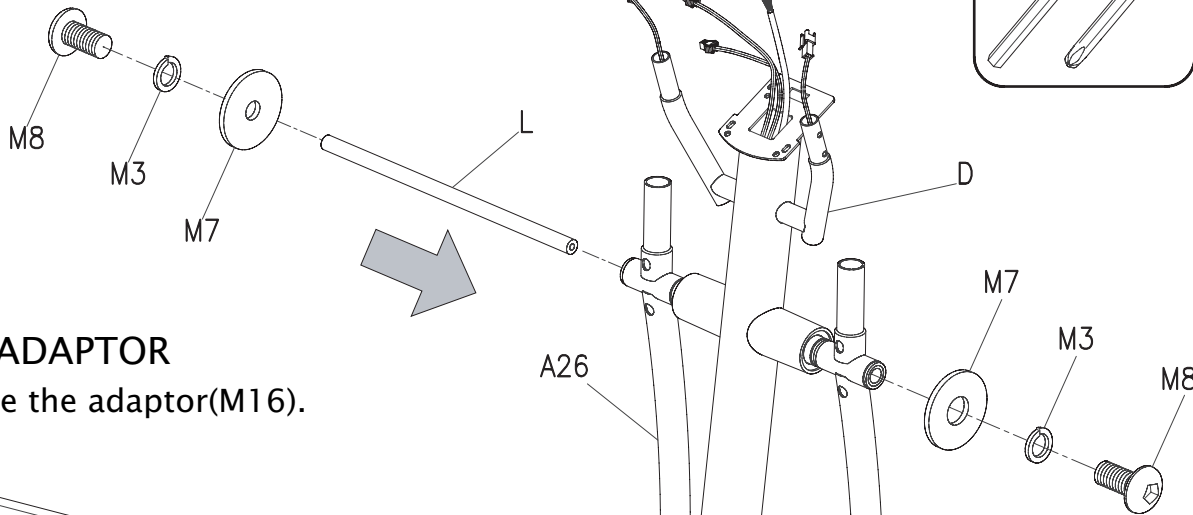
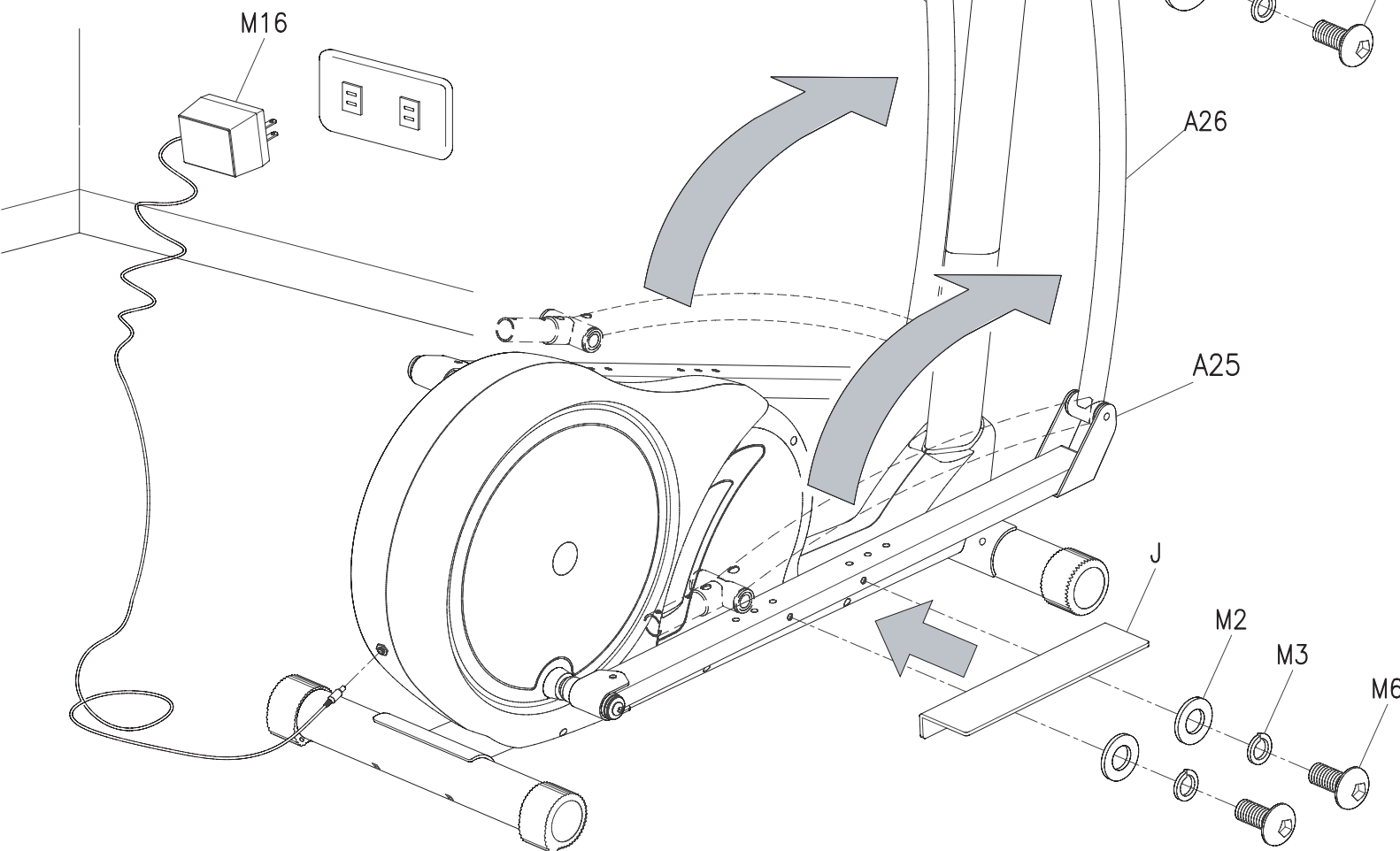


FIGURE 3



ASSEMBLY THE ADAPTOR

The machine need to use the adaptor(M16).



ASSEMBLY FOR PEDAL SUPPORT PLATE

Assembly the pedal support plate(J) with the right pedal tube(A25) by flat washers(M2), spring washers(M3) & bolts(M6).

** The same way to assemble the pedal support plate with the left pedal support tube.

FIGURE 4

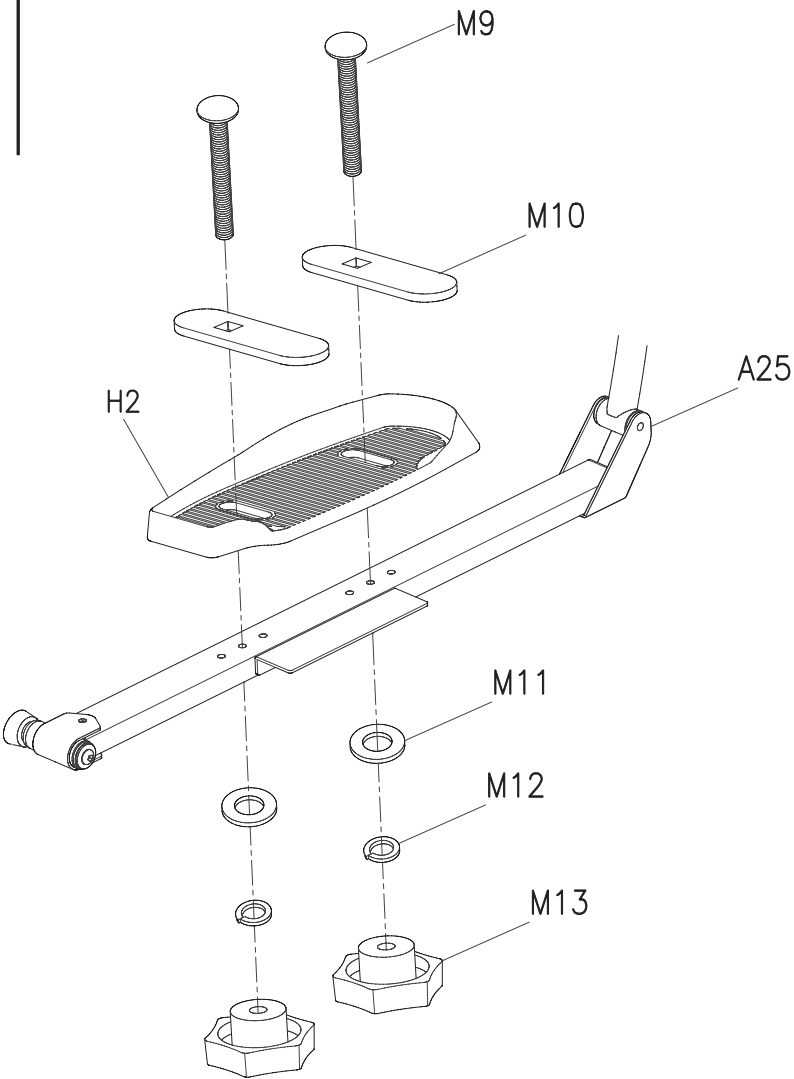


FIGURE 4

ASSEMBLY FOR PEDAL

Assembly the right pedal(H2) with the right pedal tube(A25) by flat washers(M11), spring washers(M12) & knobs(M13).

** The same way to assemble the left pedal with the left pedal support tube.

FIGURE 5

ASSEMBLY THE SWING TUBE JOINT COVER

Assembly the swing tube joint covers(K2 & K3) with the swing tube and secure it by screws(K1).

** The same way to assemble the swing tube joint covers(K4 & K5) with the other side swing tube.

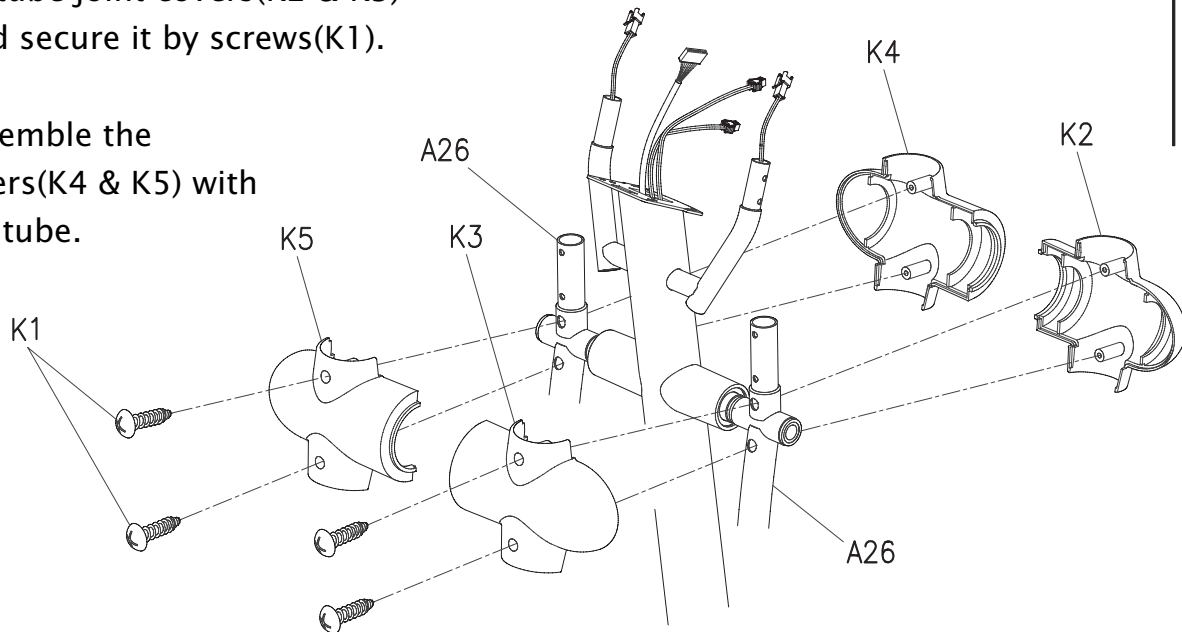


FIGURE 5

USE TOOL

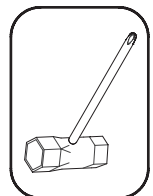


FIGURE 6

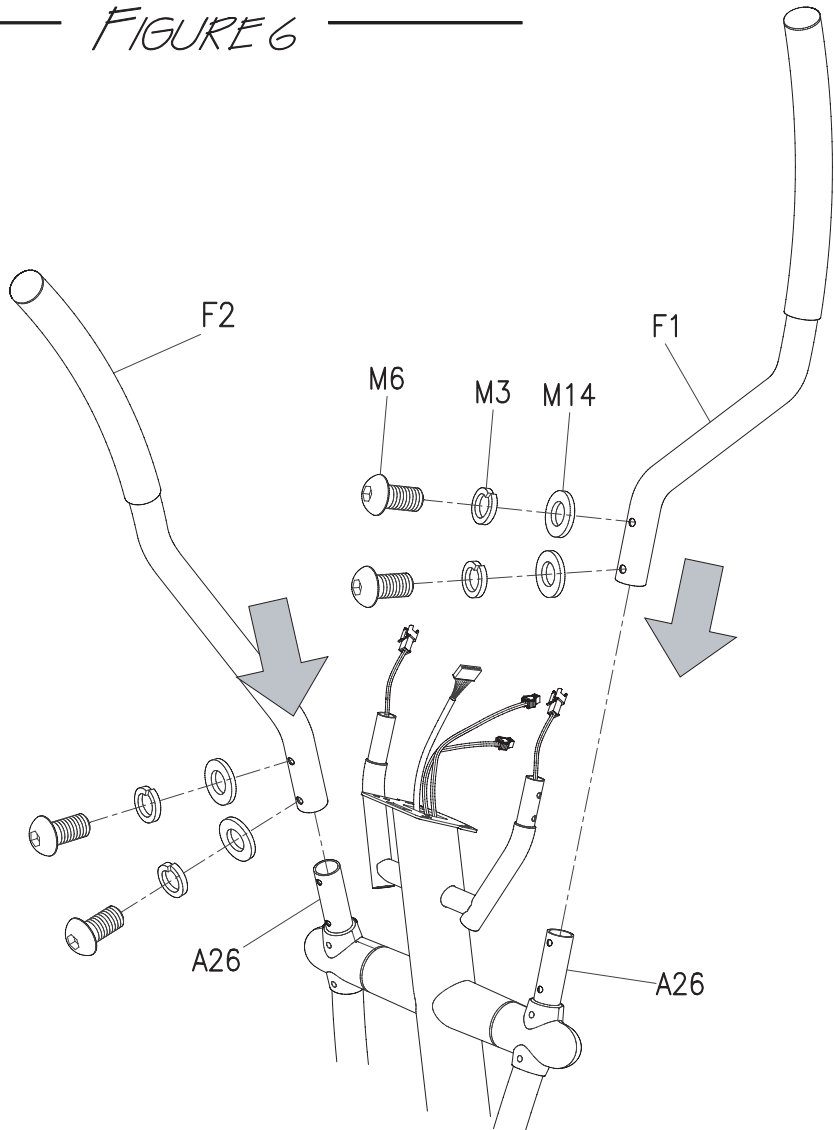


FIGURE 6

ASSEMBLY FOR SIDE HANDLEBAR

Insert the left side handlebar(F1) into the swing tube(A26).

Then, Secure it by arc washers(M14), spring washers(M3) & bolts(M6).

** The same way to assemble the other side handlebar(F2).

FIGURE 7

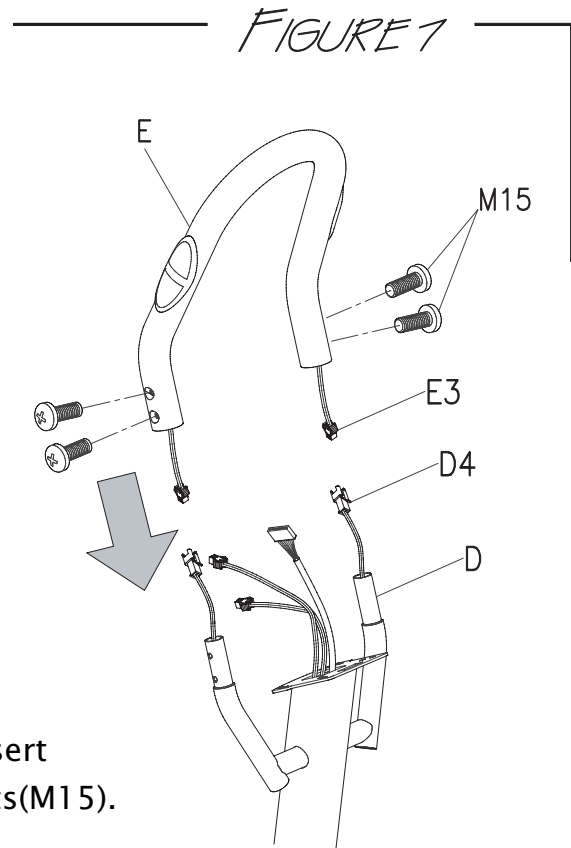


FIGURE 7

ASSEMBLY FOR FRONT HANDLEBAR

Connect the sensor wires(E3) and sensor wires(D4) then insert the front handlebar(E) into the central support tube(D) by bolts(M15).

FIGURE 8

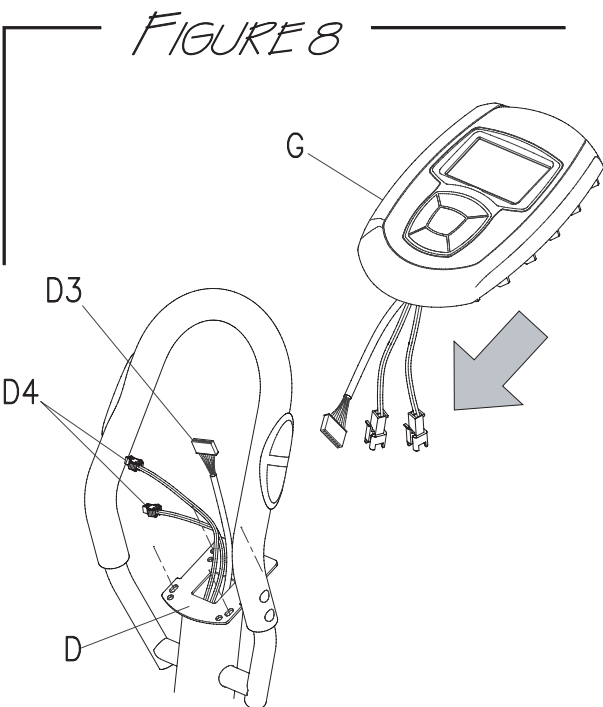


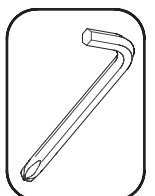
FIGURE 8

ASSEMBLY FOR Monitor

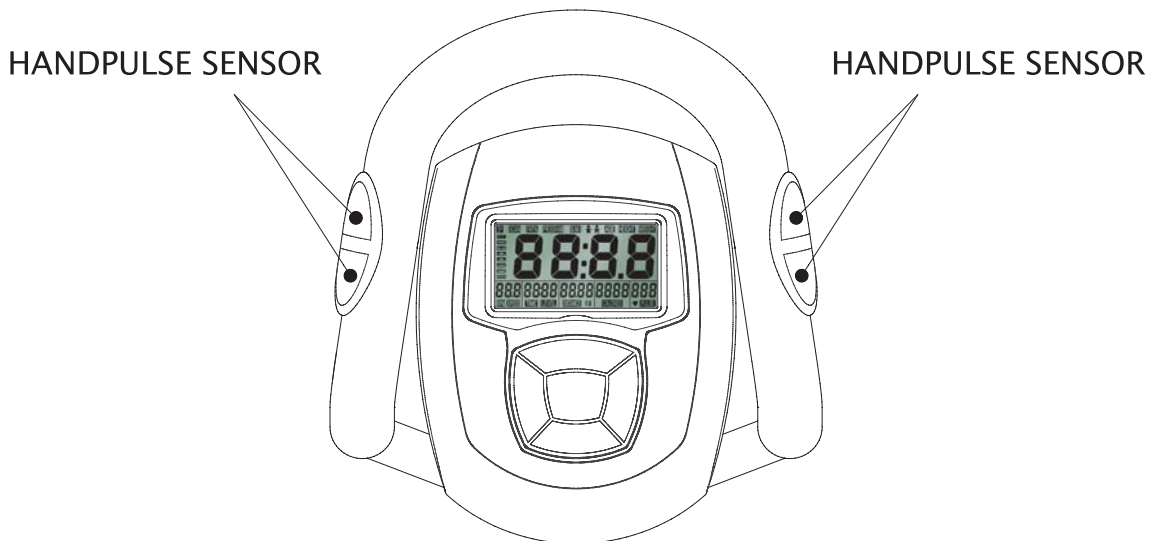
Step1. Take off the bolts(G4) from the back of the monitor(G).

Step2. Connect the sensors of the monitor with the sensors(D3 & D4) and put the monitor on the plate of the central support tube. Then, Secure it by bolts(G4).

USE TOOL



FRONT VIEW



POWER UP : When turned on, the display will emit a long beep sound as all LCD displays light up. After that the ODO will be shown 2 seconds on the Distance display.

NOTE : When there is no signal or data input for 4 minutes, the machine will enter sleep mode. Pressing any key will wake-up the computer.

PAUSE : Workout can be paused by pressing START/STOP. Workout will resume when START/STOP is pressed again.

WORKOUT SELECTION : After power-up using UP or DOWN keys to select then press SET to enter the desired mode.

There Are 4 Basic Workout Modes:

Manual, Pre-programs, User Program and Body Fat program.

KEY GUIDE

START/STOP ----> 1. Start & Pauses workouts.

2. Start body fat measurement and quit the body fat program.

3. Operates only when in pause mode. Holding key for 3 seconds will reset all function value to be zero.

DOWN -----> Decrease value of selected workout parameter:TIME, DISTANCE, etc.
During the workout, it will decrease the resistance load.

UP -----> Increases value of selected workout parameter.
During the workout, it will increase the resistance load.

SET -----> To input desired value or work out mode.

RECOVERY ----> Press to enter into Recovery function if the pulse excess 72.
Recovery is Fitness Level 1-6 after 1 minute.

Setting Workout Parameters

After selecting desired workout mode: Manual, Pre-set Programs, User and Body Fat Program. You may pre-set several workout parameters for desired results.

WORKOUT PARAMETERS: TIME/ DISTANCE/ CALORIES/ PULSE

NOTE: Some parameters are not adjustable in certain programs. Once a program has

been selected, pressing **SET** will make "Time" parameter flash. Using **UP**

DOWN you may select desired time value. Press **SET** to input value. Flashing

prompt will move to the next parameter. Continue use of **UP** **DOWN** Press **START STOP**

to start workout.

More about Workout Parameters

Field	Display Range	Default Value	Increment/Decrement	Description
Time	0:00~ 99:00	00:00	± 1:00	1. When display is 0:00, Time will count up. 2. When time is 10:00~99:00, It will count down to 0.
Distance	0.00~99.50	0.00	±0.50	1. When display is 0:00, Distance will count up. 2. When Distance is 0.5~99.50, it will count down to 0.
Calories	0~9990	0	±10	1. When display is 0, Calories will count up. 2. When Calories is 10~9990, It will count down to 0.
Pulse	40~220	90	±1	When Heart Rate exceeds set range, user will be alerted by bi sound.

Program Operation

Manual

Setting Parameters for Manual

Selecting “Manual” using **UP** **DOWN** then pressing **SET**. 1st parameter “Time” will flash so value can be adjusted using **UP** **DOWN**.

Press **SET** to save value & move to next parameter to be adjusted. Continue through all desired parameters, pressing **START STOP** to start workout.

“Manual” Operating Instructions

Manual ⇒ **SET** or press **START STOP** to start workout “Time” flashes **UP** **DOWN** ⇒ **SET**
“Distance” flashes **UP** ⇒ **SET** ⇒ “Calories” flashes **UP** **DOWN** ⇒ **SET** ⇒ “Pulse”
flashes **UP** **DOWN** ⇒ **SET** Pressing **START STOP** to start workout, **UP** **DOWN** adjusts
resistance load during workout.

During workout the computer will automatically scan and display all the function value from RPM–SPEED–DISTANCE–CALORIES–PULSE.

Note: 1. the RPM and SPEED will switch to another display in every 6 seconds after workout starts.


2. If the Resistance level is changed, the time display will switch display there distance level.




3. One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.


Pre-programs

There are 5 programs (    ) to select.

Setting Parameters for Pre-programs

Selecting one of pre-programs using   then pressing .

1st parameter "Time" will flash so value can be adjusted using  . Press .





to save value & move to next parameter to be adjusted. Continue through all desired parameters, pressing  to start workout.

"Pre-programs" Operating Instructions

Select one of pre-programs using   Key \Rightarrow  or press  to start

workout \Rightarrow "Time" flashes   \Rightarrow  \Rightarrow "Distance" flashes 

 \Rightarrow  \Rightarrow "Calories" flashes   \Rightarrow  \Rightarrow "Pulse" flashes 

 \Rightarrow  Pressing  to start workout,   adjusts resistance load

during workout.

During workout the computer will automatically scan and display all the function value from RPM-SPEED-DISTANCE-CALORIES-PULSE.

- Note:
1. the RPM and SPEED will switch to another display in every 6 seconds after workout starts.
 2. If the Resistance level is changed, the time display will switch display the resistance level.
 3. One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.

User Program

User program allows user to set their own program that can be used immediately.

Setting Parameters for User Program


Selecting user using **UP** **DOWN** then pressing **SET**. 1st parameter "Time" will flash so value can be adjusted using **UP** **DOWN**.

Press **SET** to save value & move to next parameter to be adjusted.

Setting up resistance level for user program

After finished set up desired parameter, the level 1 will flash; use **UP** **DOWN** to adjust then pressing **SET** until finished. (There are 10 times total) Press **START STOP** to start workout.

User" Operating Instruction

 (Select user program using **UP** **DOWN** Key) \Rightarrow **SET** or press **START STOP** to start workout \Rightarrow "Time" flashes **UP** **DOWN** \Rightarrow **SET** \Rightarrow "Distance" flashes **UP** **DOWN** \Rightarrow **SET** \Rightarrow "Calories " flashes **UP** **DOWN** \Rightarrow **SET** \Rightarrow "Pulse" flashes **UP** **DOWN** \Rightarrow **SET** \Rightarrow "Level 1" flashes **UP** **DOWN** \Rightarrow **SET** Continue through 10 times. Pressing **START STOP** to start workout, **UP** **DOWN** adjusts resistance load during workout.

During workout the computer will automatically scan and display all the function value from RPM–SPEED–DISTANCE–CALORIES–PULSE.

Note: 1. the RPM and SPEED will switch to another display in every 6 seconds after workout starts.

2. If the Resistance level is changed, the time display will switch display the resistance level.

3. One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.

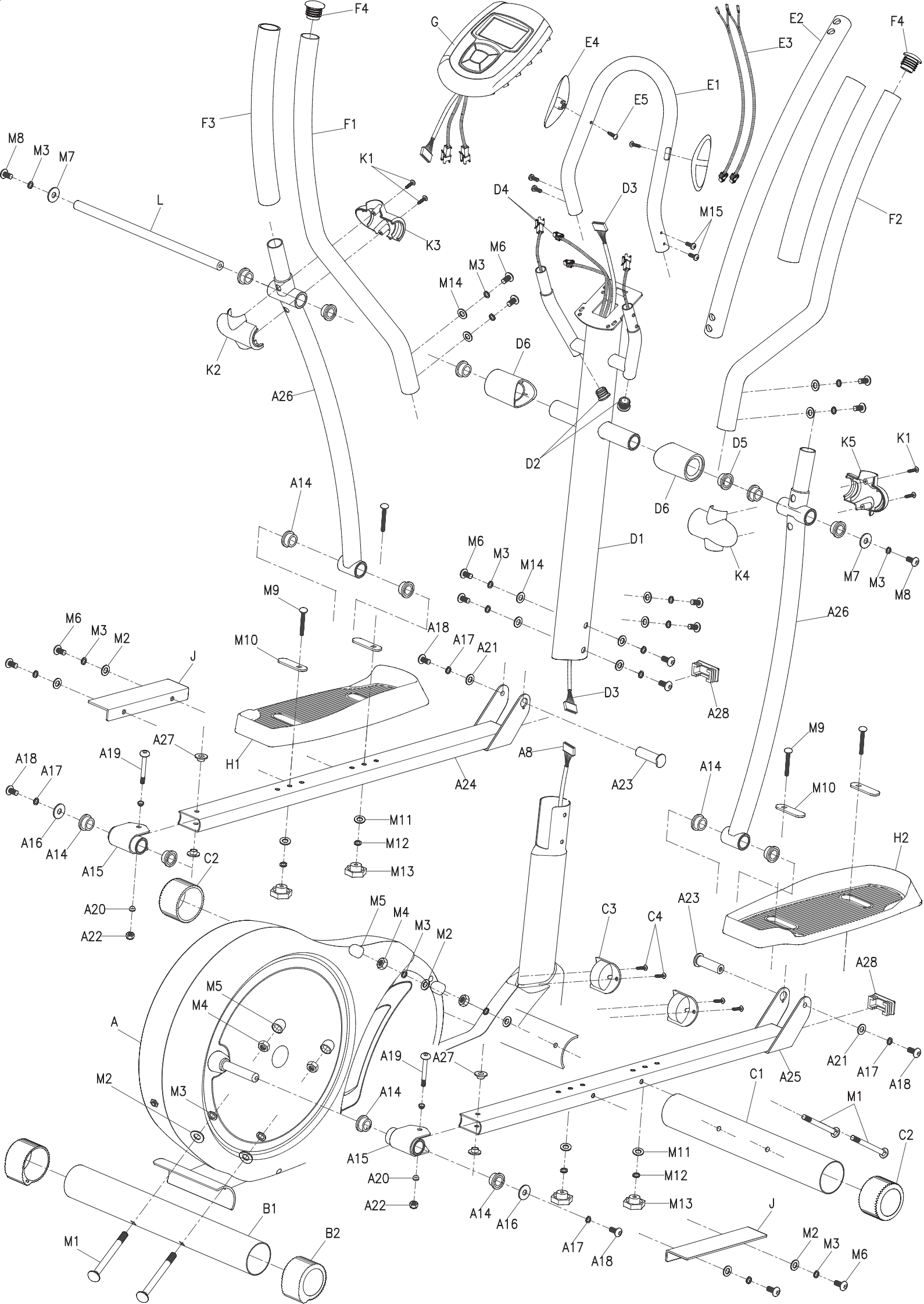
BODY FAT PROGRAM

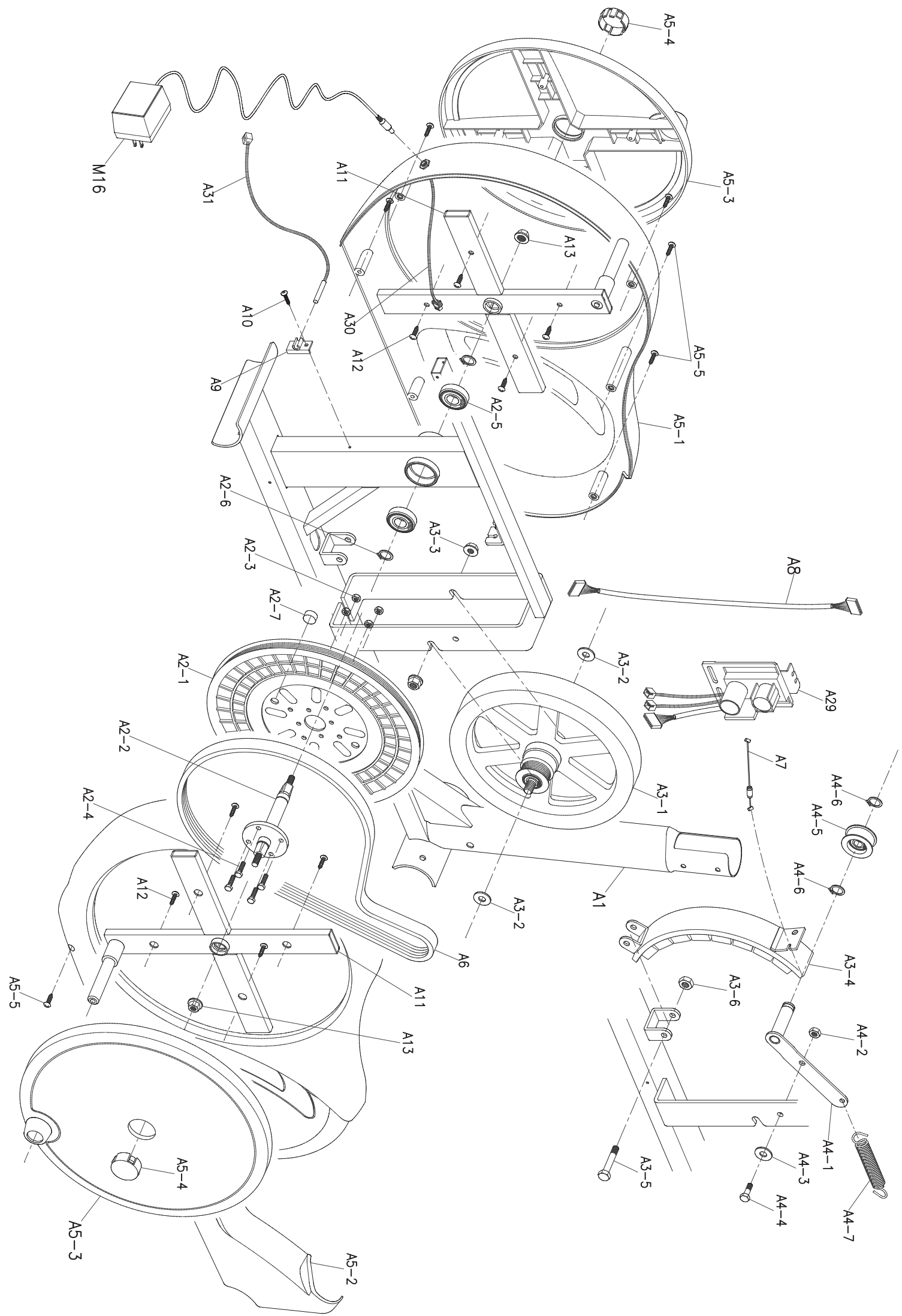
Setting Data for Body Fat

Selecting “BODY FAT Program” using **UP** **DOWN** then pressing **SET**. “Male” will flash so Gender can be adjusted using **UP** **DOWN**, press **SET** to save gender & move to next data. “25” of Age will flash so Age can be adjusted using **UP** **DOWN**, press **SET** to save value & move to next data. “140” of Height will flash so Height can be adjusted to use to **UP** **DOWN**, press **SET** save value & move to next data. “50 “of Weight will flash so Weight can be adjusted to use **UP** **DOWN**, press **SET** to save value Press **START STOP** to start measurement, please also grasp hand pulse grips.

“Body Fat” Operating Instructions

B. F. (Select Body Fat program using **UP** **DOWN** Key) \Rightarrow **SET** \Rightarrow “Gender” flashes **UP** **DOWN** \Rightarrow **SET** \Rightarrow “AGE” flashes **UP** **DOWN** \Rightarrow **SET** \Rightarrow “HEIGHT” flashes **UP** **DOWN** \Rightarrow **SET** \Rightarrow “WEIGHT” flashes **UP** **DOWN** \Rightarrow **SET** \Rightarrow **START STOP** please grasp hand pulse grips. After 15 seconds the display will show out Body Fat %, using **UP** **DOWN** Key to check test result. Press **START STOP** to return the main Display.





No.	Description	Q'ty
A1	Main frame	1
A2-1	Driving wheel	1
A2-2	Axle	1
A2-3	Nut	4
A2-4	Bolt	4
A2-5	Bearing	2
A2-6	C clip	2
A2-7	Magnet	1
A3-1	Flywheel	1
A3-2	Washer	2
A3-3	Nut	2
A3-4	Magnet housing	1
A3-5	Bolt	1
A3-6	Nut	1
A4-1	Pressing	1
A4-2	Nut	1
A4-3	Washer	1
A4-4	Bolt	1
A4-5	Bearing	1
A4-6	C clip	1
A4-7	Spacer	1
A4-8	Spring	1
A5-1	Chain cover-L	1
A5-2	Chain cover-R	1
A5-3	Cross frame cover	2
A5-4	Turing plate cover	2
A5-5	Screw	13
A6	Driving belt	1
A7	Tension cable	1
A8	Cable	1
A9	Sensor clip	1
A10	Screw M5x10mm	1
A11	Cross frame	2
A12	Screw	8
A13	Nut	2
A14	Bushing	12
A15	Pedal axle	2
A16	Flat washer M8	2
A17	Spring washer M8	4
A18	Bolt	4
A19	Bolt	2
A20	Washer	4
A21	Flat washer	2
A22	Nut	2
A23	Pedal tube shaft	2
A24	Pedal tube-L	1
A25	Pedal tube-R	1
A26	Swing tube	2

No.	Description	Q'ty
A27	Bushing	4
A28	Pedal tube end cap	2
A29	Control motor	1
A30	AC Line	1
A31	Sensor wire	1
B1	Rear stabilizer	1
B2	End cap	2
C1	Front stabilizer	1
C2	End cap	2
C3	Moving wheel	2
C4	screw	4
D1	Central support tube	1
D2	End cap	2
D3	Sensor wire	1
D4	Sensor wire	2
D5	Bushing	2
D6	Bushing cover	2
E1	Front handlebar	1
E2	Foam grip	1
E3	Sensor wire	2
E4	Sensor	2
E5	Screw	2
F1	Side handlebar-L	1
F2	Side handlebar-R	1
F3	Foam grip	2
F4	End cap	2
G	Monitor	1
H1	Pedal-L	1
H2	Pedal-R	1
J	Pedal support	2
K1	Screw	4
K2	Swing tube joint cover	1
K3	Swing tube joint cover	1
K4	Swing tube joint cover	1
K5	Swing tube joint cover	1
L	Axle tube	1
M1	Bolt M8x72mm	4
M2	Flat washer M8	8
M3	Spring washer M8	20
M4	Nut M8	4
M5	Nut cover	4
M6	Bolt M8x15mm	14
M7	Flat washer M8	2
M8	Bolts M8x20mm	2
M9	Bolts M6x50mm	4
M10	Spacer 3T	4
M11	Flat washer M6	4
M12	Spring washer M6	4
M13	Knob M6	4
M14	Arc washer M8	10
M15	Bolt M5x10mm	4
M16	Adaptor	1