everfit

INSTRUCTION

WELLY E COMBI

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Fig.1

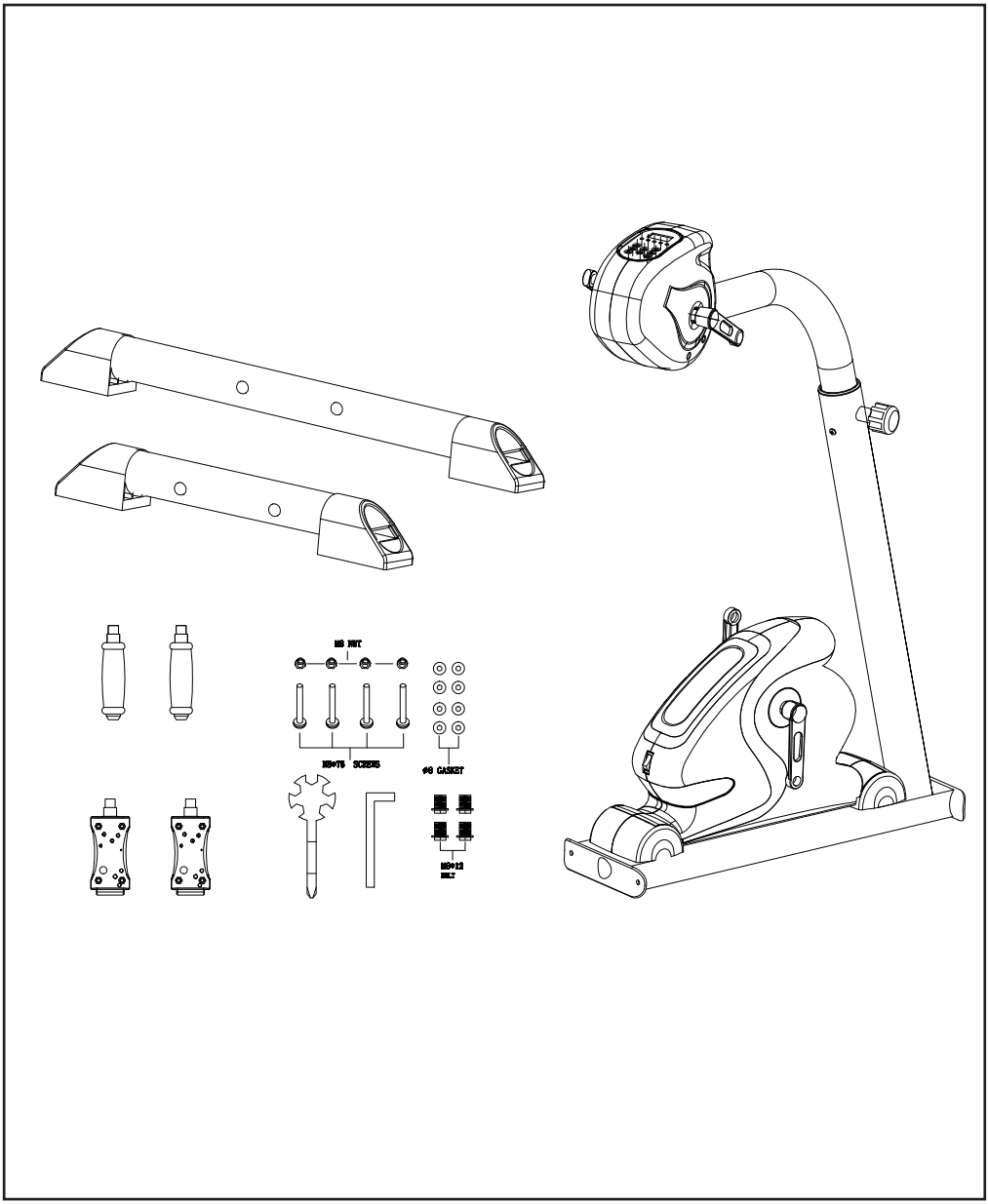


Fig.2

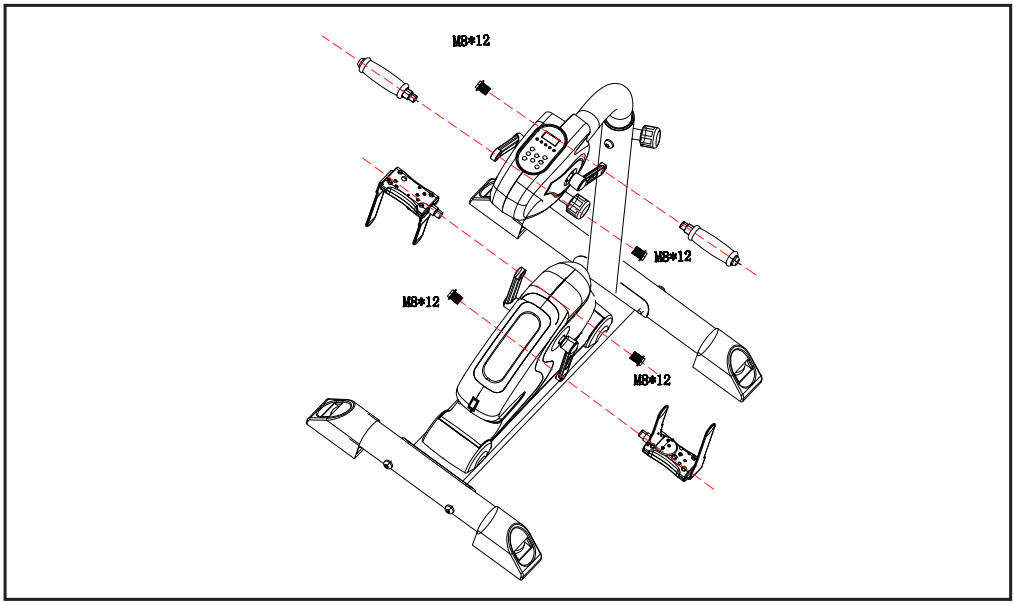


Fig.3

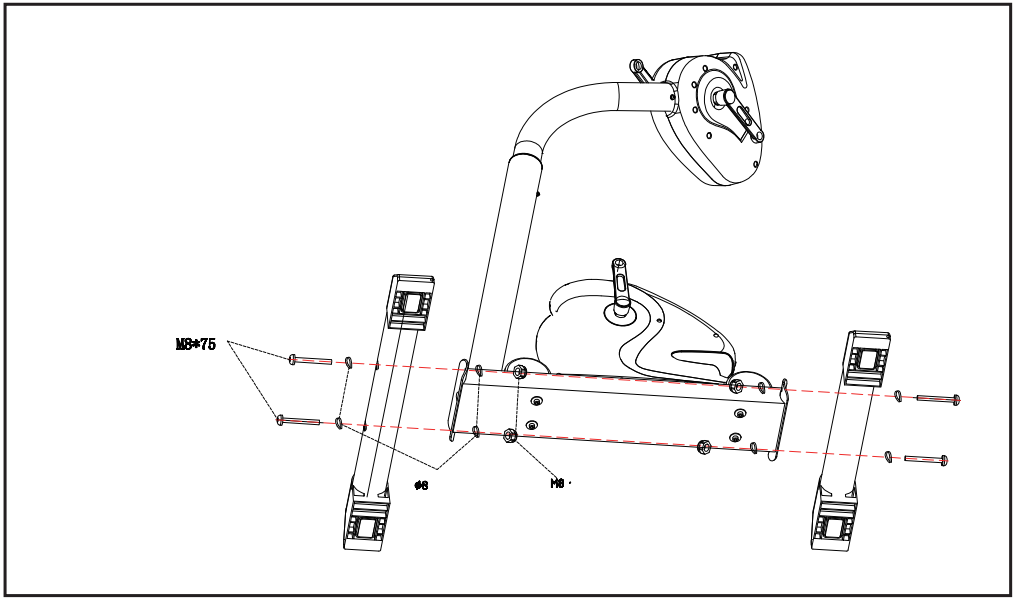


Fig.4

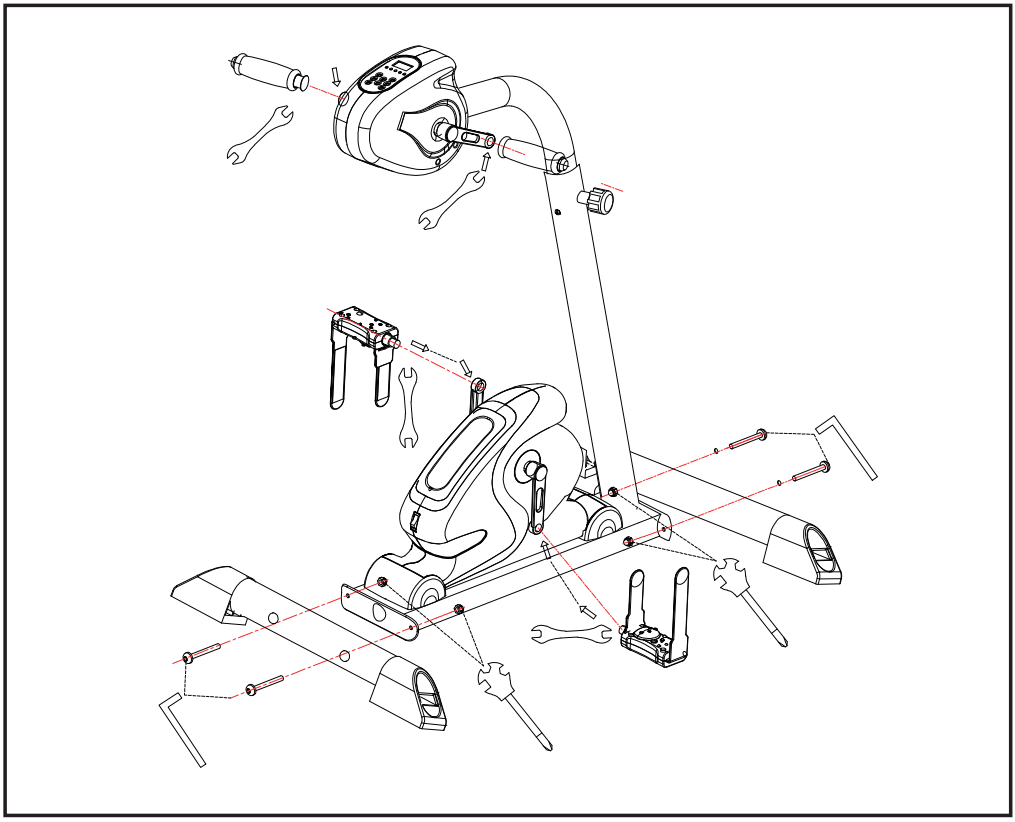


Fig.5

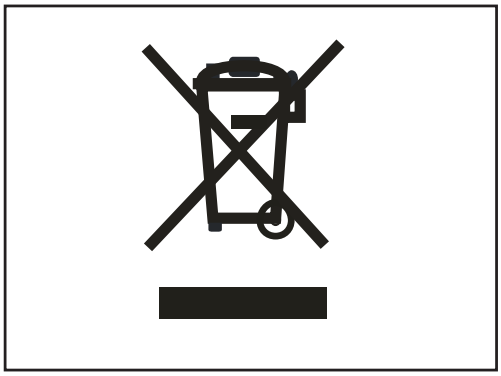
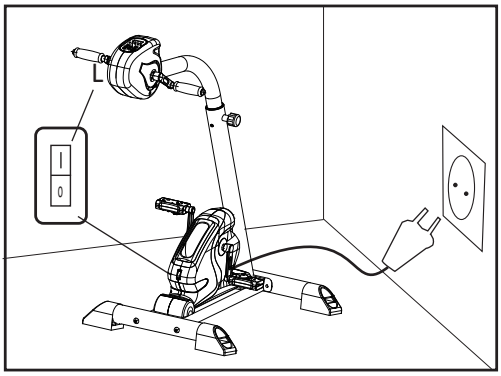


Fig.6



ASSEMBLY INSTRUCTIONS.-

Take the unit out of the box and place it on the floor as shown in Fig.1.

The assistance of a second person is advisable for the assembly work.
Make sure that all of the pieces are there:

① Main body

② Accessories

③ Kits bag

1.-FITTING THE STABILISERS.-

Take the short front stabiliser and place it at the front of the unit, as showed in FIG.3, insert the M8*75 SCREWS (2PCS.). Next, Take the Long rear stabiliser and go thought the same fitting procedure. As with the front stabiliser.

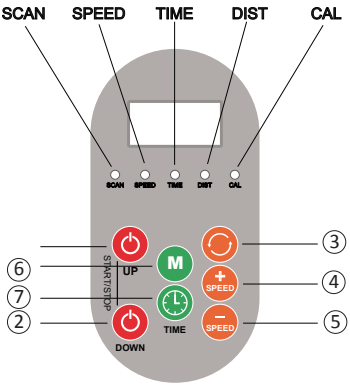
2. -ATTACHING THE PEDALS.-

Right and left refer to the position that the user adopts when to do the exercises.
Inset the foot pedals onto the cranks on the bottom half of the unit.
Inset the hand pedals onto the cranks on the top half of the unit.As showed on Fig. 4.

3. - MAIN CONNECTION.-

Connect the unit to a plug provided of a ground (correct voltage). Put the swith (L) in
Position (I) Fig.6 .
I --- MEANS " POWER ON"
O ---MEANS "POWER OFF"

REMOTE CONTROL.-



Display indicator: **Speed**, Time. Distance (Distance traveled km) Calorie, Scan (The random sample data display speed, time, distance, calories).

1: Power for the top half of Bike

2: Power for the bottom half of Bike

3: Forward/reverse-Change pedal direction key

4: Speed+- Select key for increasing speed (12 speed levels).

5: Speed-- Select key for increasing speed (12 speed levels).

6: MODE Mode-Select key for parameter display speed, time, distance, calories

7: Time-Time selection button. (1-15 min).

OPERATION.-

1. Pressing the button (1) Power, the unit of the top half will work with the speed at level 1 and time 5 mins. The display will show randomly, data speed, time, distance, calories (scan way).

2. Pressing the button (2) Power, the unit of the bottom half will work with the speed at level 1 and time 5 mins. The display will show randomly, data speed, time, distance, calories (scan way).

3. Pressing the button (7) Time, you can adjust the time period from 1 to 15 minutes. For faster adjustment you may hold the key (7) down until you see the desired time. The device automatically turns off when the selected minutes have elapsed.

4. To increase the speed press the button (4) Speed + .

5. To reduce the speed press the button (5) speed - .

For faster adjustment you may hold the key (4) or (5) down until you see the desired speed level.

6. Using the button (3) Forward / reverse, it can change the direction of rotation of the pedals.

7. Pressing the button (6) Mode one or more times to display data speed (SPEED), time (TIME), distance(Dist.), calories (Cal.). To display random parameters press the button several times until the red light show beneath the Scan letters.

In the standby status, press this MODE button, you can choose function between automatic program and manual program.

There's 5 automatic programs : P1, P2, P3, P4, P5.

P1 : level 1 - level 2 - level 3 - level 4 -level 5, work in a continuous loop every 30 seconds.
P2 : level 2 - level 3 - level 4 -level 5 - level 6, work in a continuous loop every 15 seconds.
P3 : level 3 - level 5 - level 7 - level 9 -level 11, work in a continuous loop every 20 seconds.
P4 : level 4 - level 6 - level 8 - level 10 -level 12, work in a continuous loop every 20 seconds.
P5 : level 5 - level 10 - level 5- level 10, work in a continuous loop every 30 seconds.

8. To turn off press (1) or (2) again.

9. After finishing, press the red button below the bottom half by placing it in the "O" position to completely shut down the unit.

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