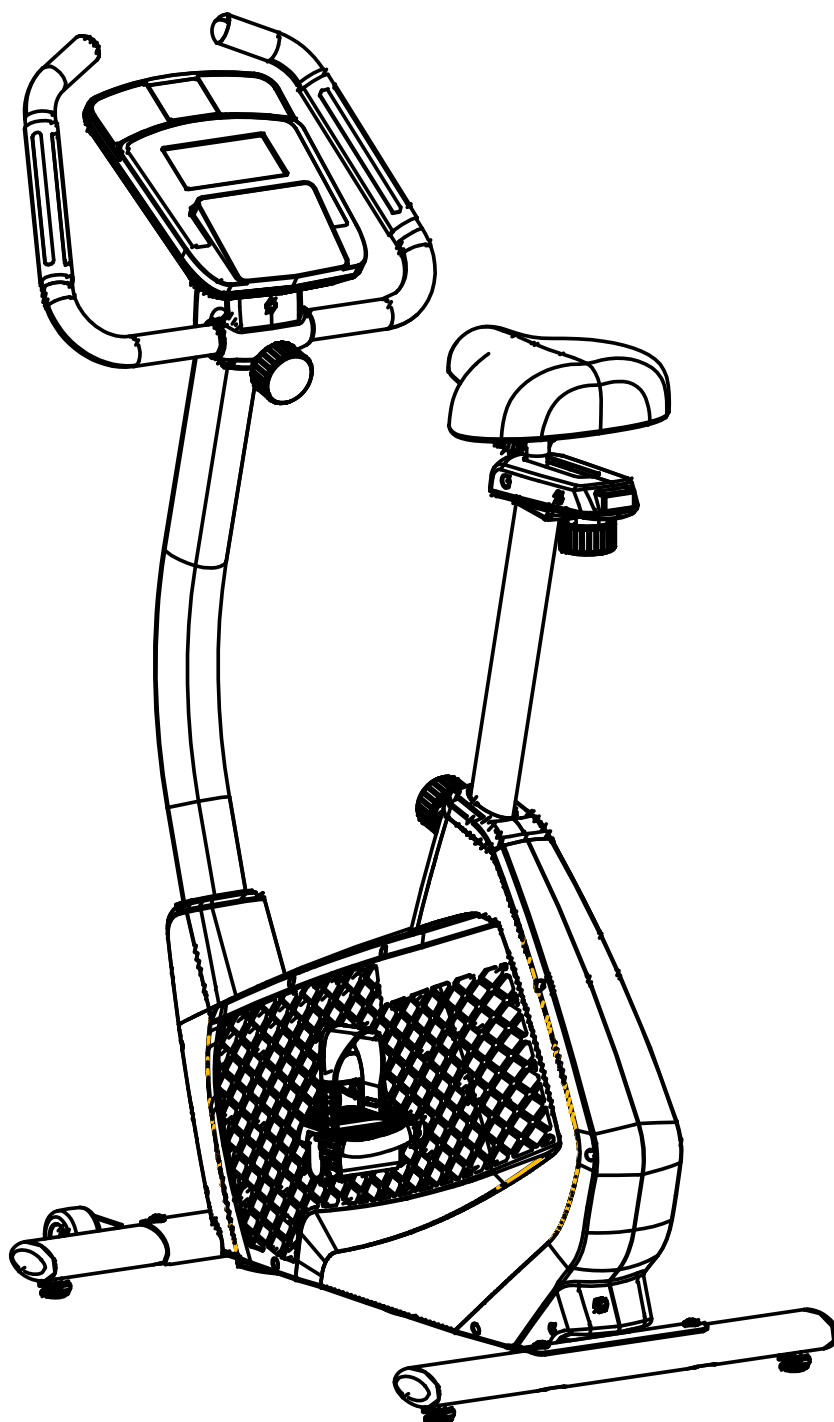
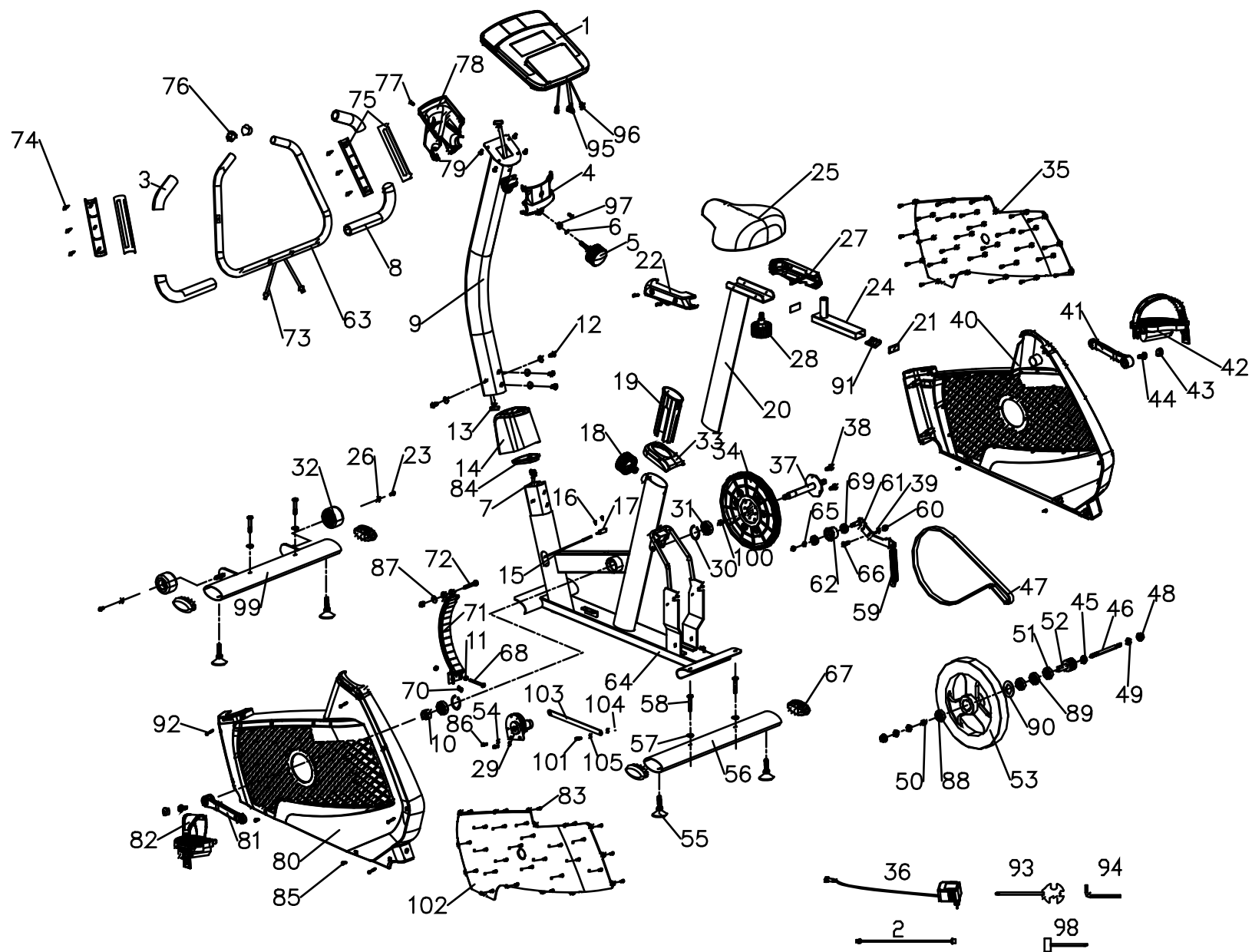


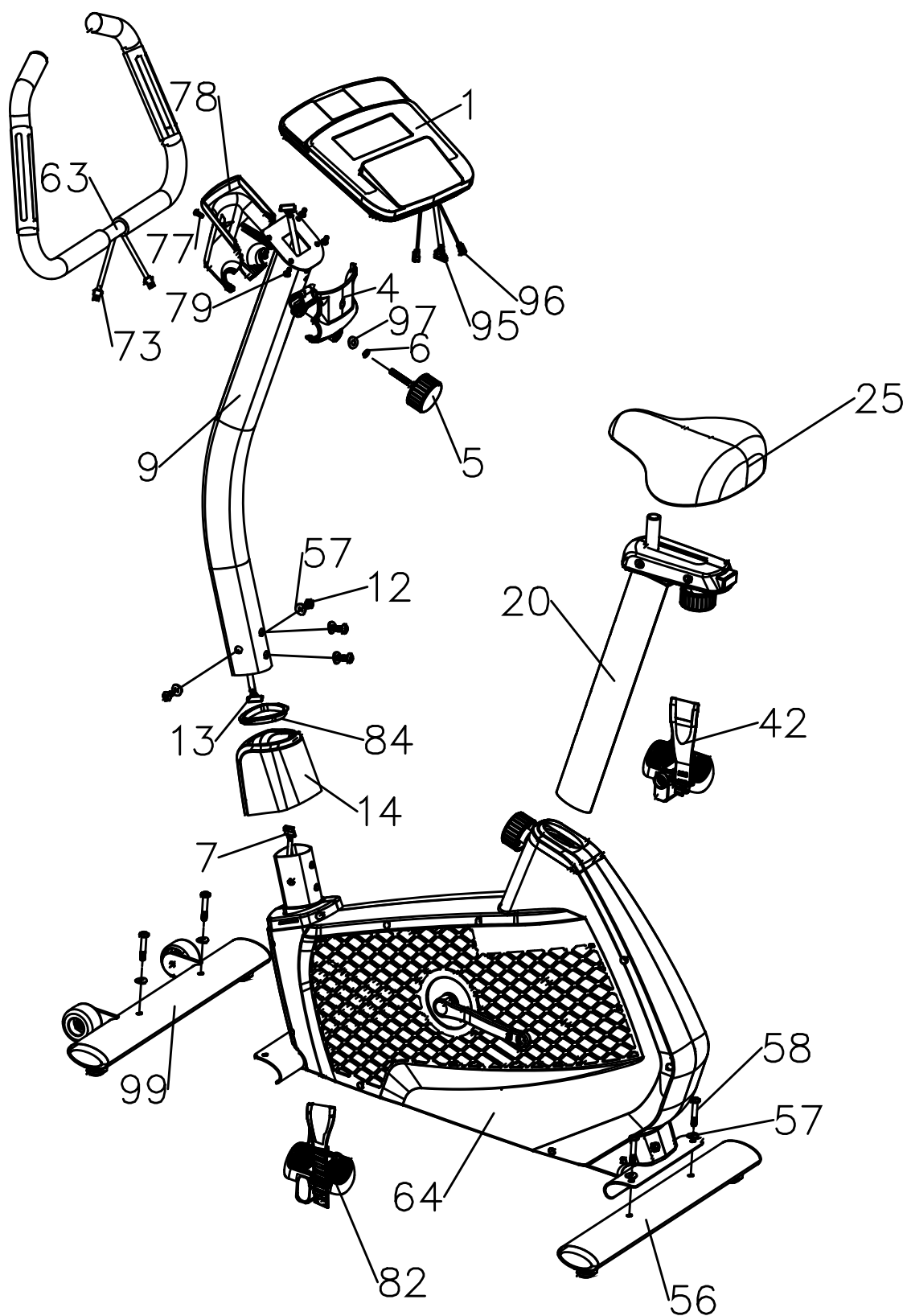
Manual for ASG4603



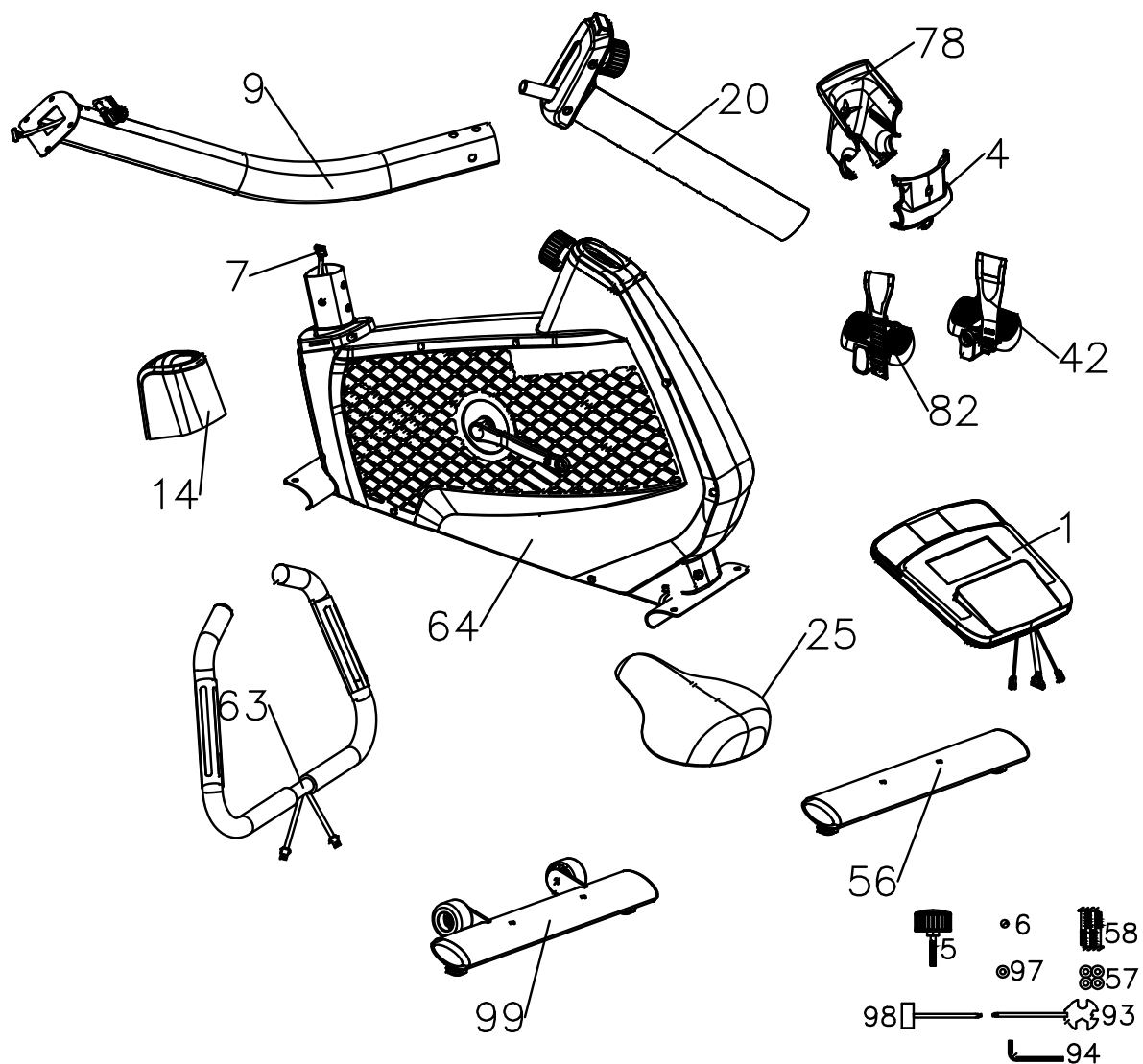
Exploded drawing



Pre-assembly drawing

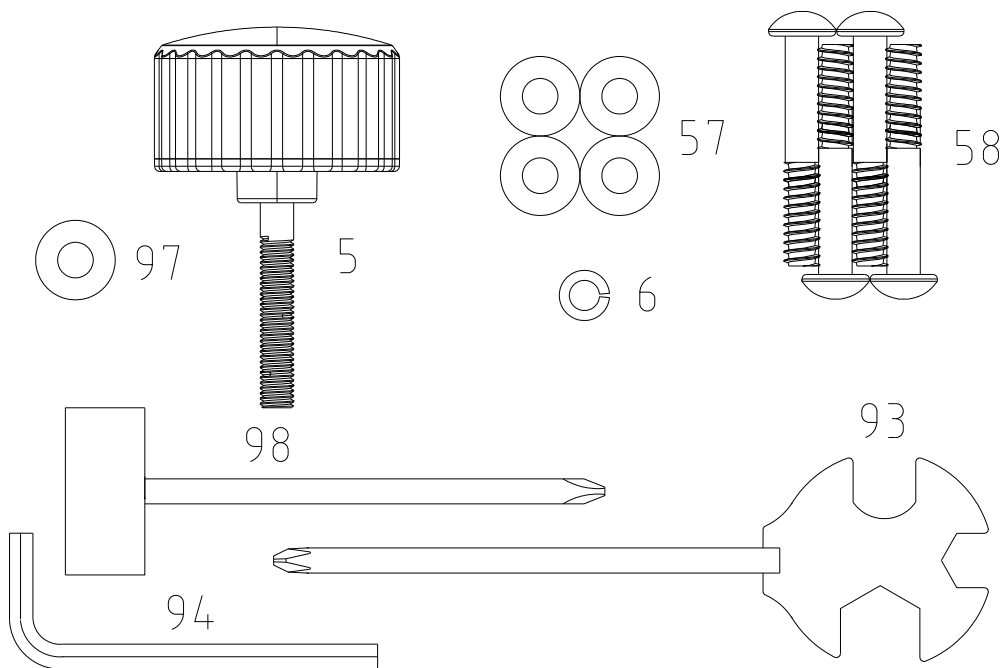


Parts in carton



Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Console	1	42	Pedal R	1
4	Console cockpit rear	1	56	Rear stabilizer	1
9	Handlebar post	1	64	Frame	1
14	Handlebar post cover	1	99	Front stabilizer	1
20	Seat post	1	63	Handlebar	1
25	Saddle	1	78	Console cockpit front	1

Screw & Tools



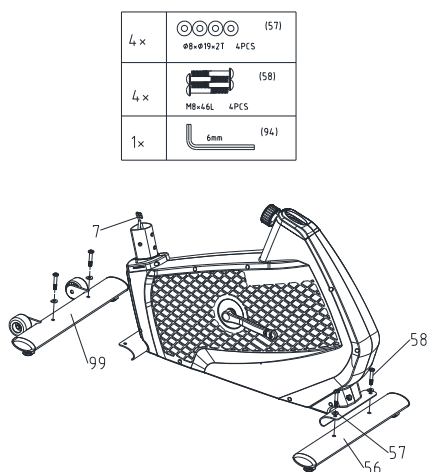
Part No.	Description	Q'ty
5	Knob	1
6	Spring washer $\Phi 8 \times \Phi 13.5 \times 2.5T$	1
97	Flat washer $\Phi 8 \times \Phi 14 \times 2T$	1
57	Semi-circle washer $\Phi 8 \times \Phi 19 \times 2T$	4
58	Screw M8*46L	4
93	Harpoon wrench	1
94	Hex wrench	1
98	Sleeve wrench	1

PARTS AND TOOLS

NO	Description	Material	SPEC.	Q'ty	NO	Description	Material	SPEC.	Q'ty
1	Console			1	55	Foot mat			4
2	DC cable			1	56	Rear stabilizer			1
3	Foam upper part			2	57	Semi-circle Washer		Φ8*Φ19*2T	8
4	Console cockpit rear	ABS		1	58	Screw		M8*50L	4
5	Knob			1	59	Idler spring	65Mn	Φ2*Φ12*53N	1
6	Spring Washer	65Mn	Φ8.5*Φ13.5*2.5T	1	60	Nylon nut	Q235	M8	2
7	Cable lower			1	61	Idler bar	Q235		1
8	Foam			2	62	Idler wheel	PC	Φ 40	1
9	Handlebar post	Q 195		1	63	Handlebar			1
10	Nylon nut		M17	1	64	Frame			1
11	Hex nut		M6	2	65	Sleeve	Q235	Φ 10 * Φ 14 * 3L	1
12	Screw	Q235	M8*16	4	66	Screw		M8*20	1
13	Sensor cable middle			1	67	Stabilizer cap	PP		4
14	Handlebar post cover	ABS		1	68	Screw	Q235	M6*P1.0*60L	1
15	Sensor cable lower			1	69	Bearing		6000	2
16	Screw	Q235	ST3.5*12	2	70	Spring			1
17	Sensor holder	PP		1	71	Magnetic set			1
18	Pull pin		M16	1	72	Screw		M8*55L	1
19	Seat tube bushing	PP		1	73	Hand pulse cable lower			2
20	Seat tube	Q235		1	74	Screw		ST2.9*16L	6
21	Slide cap			1	75	Hand Grip			2
22	Slide cover L	ABS		1	76	Pipe plug			2
23	Screw		M6*10L	2	77	Screw		M5*16L	8
24	Seat slide			1	78	Console cockpit front	ABS		1
25	Saddle			1	79	Screw	Q235	M5*12	4
26	Flat washer		Φ 6.5* Φ 13*2T	2	80	Main cover L	ABS		1
27	Slide cover R	ABS		1	81	Crank L	45	165	1
28	Knob	Q235+ABS		1	82	Pedal L		9/16"	1
29	motor			1	83	Screw		ST 2.9* 8	58
30	Spring washer	65Mn	Φ43.5*Φ37.3*1.5T	2	84	Small cover	PVC		1
31	Bearing		6203	2	85	Screw	Q235	3/16 ' *3/4 '	4
32	Transportation wheel	PA		2	86	Screw		M6*12	2
33	Seat tube cover	PVC		1	87	Flat washer		Φ 8* Φ 19*2T	2
34	Pulley	PA66	Φ 240	1	88	Bearing		6300	1
35	Interior cover R	ABS		1	89	Bearing		One-way bearing	1
36	Adaptor			1	90	Flat washer		Φ 30* Φ 34*0.8T	1
37	Axle	40Cr		1	91	Slide screw			1
38	Screw		M 8*12L	3	92	Screw		ST 3.5 * 50L	9
39	Flat washer		Φ 8* Φ 16*1T	1	93	Harpoon Wrench			1
40	Main cover R	ABS		1	94	Hex wrench			1
41	Crank R	45	165	1	95	Sensor cable upper			1

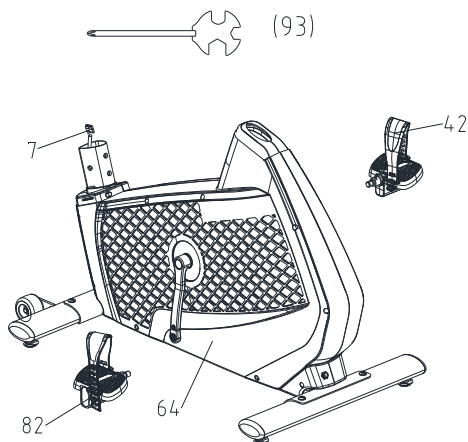
42	Pedal R		9/16"	1	96	Hand pulse cable upper			2
43	Crank cover			2	97	Flat washer		φ 8* φ 14*2T	1
44	Screw		M8*P1.0*20L,	2	98	Socket wrench			1
45	Bearing		6900	1	99	Front stabilizer			1
46	Flywheel axle			1	100	Axle Sleeve		φ 17	1
47	Drive belt		415J6	1	101	Screw		M 5*12	1
48	Pattern nut		3/8 " -26-7T	2	102	Interior cover L	ABS		1
49	Hex nut		3/8"*26*4.5T	3	103	Connecting bar			1
50	Bushing		φ 10* φ 15.8*6	2	104	Nylon nut		M 5	1
51	Bearing		6003	2	105	Flat washer		φ 5	2
52	Small pulley	Q235	Φ 30	1					
53	Flywheel	HT200	φ 280	1					
54	Flat washer		Φ 6	2					

ASSEMBLY INSTRUCTION



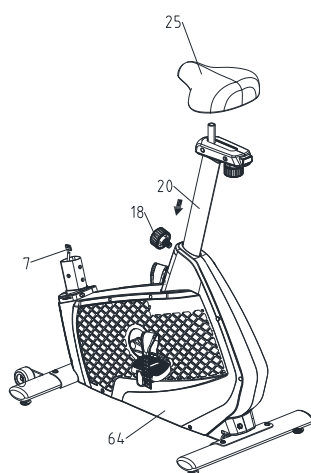
STEP 1

1. Fix the rear stabilizer (56) to the rear part of the frame using screws (58) and semicircular washers (57) , and tighten with a hex wrench (94).
2. Fix the front stabilizer (99) to the front part of the frame using the screws (58) and the semicircular washers (57) , and tighten with the hex wrench (94).

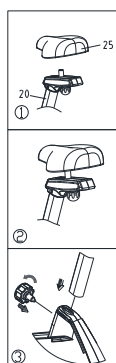


STEP 2

1. Use the wrench (93) to install the pedal (82) to the crank arm on the left side of the frame, and use the wrench (93) to install the pedal (42) to the crank arm on the right side of the frame.

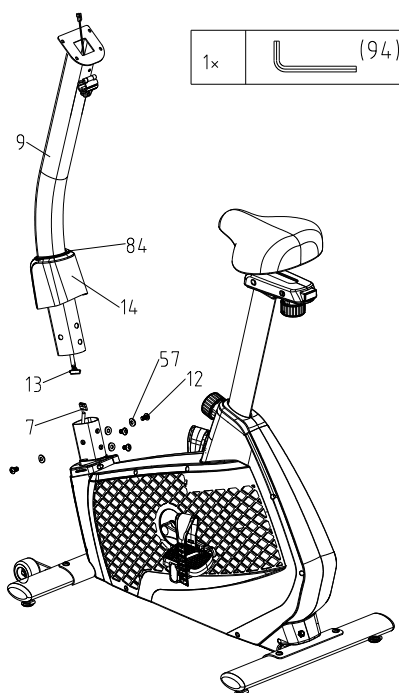


1x	 (93)
1x	 (98)



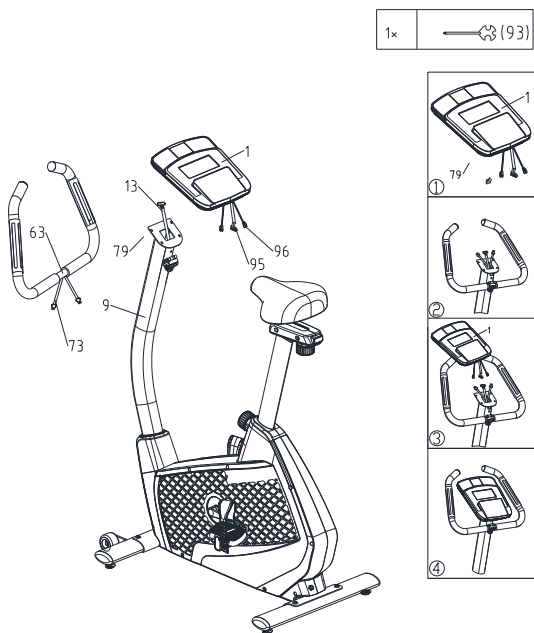
STEP 3

1. Fix the saddle (25) on the seat tube (20) and tighten it with the wrench (93, 98).
2. Unscrew the knob (18) , insert the seat tube into the frame, and then tighten the knob (18).



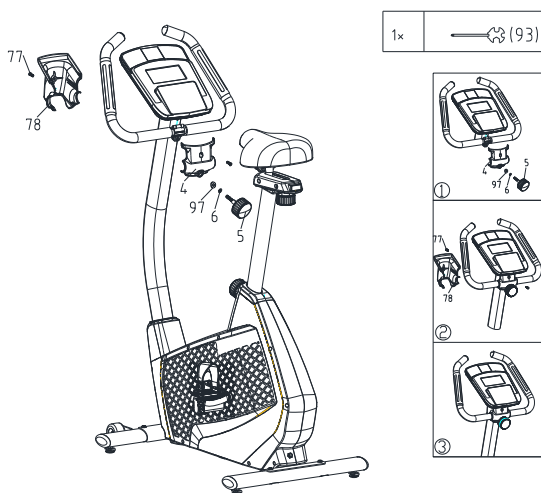
STEP 4

1. Unscrew the screw (12) and the half-round washer (57) from the frame.
2. Put the handlebar post cover (84) (14) onto the handlebar post.
3. Connect the mid sensor cable (13) to (7)
4. Insert the handlebar post into the frame, and use the screws (12) and semi-circle washers (57) to lock it into the frame. Use the hex wrench (94) to tighten it.
5. Place the handlebar post cover (84) (14) onto the frame cover.



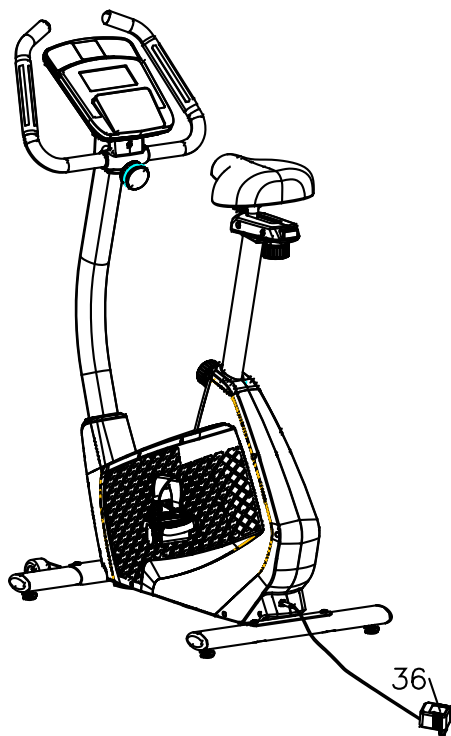
STEP 5

1. Use a wrench (93) to unscrew the screws (79) on the back of the console.
 2. Place the handlebar (63) on the handlebar post fixing plate, and then pass the lower hand pulse cable (73) into the handlebar post pipe and out through the hole of the console fixing plate.
 3. Connect the upper sensor cable (95) to the middle sensor cable (13) at the handlebar post.
- Use a wrench (93) to lock the console with screws (79) on the console fixing plate of the handlebar post.



STEP 6

1. Place the console cockpit cover (4) on the front of the handlebar and lock the handlebar with the knob (5), flat washer (97) and spring washer (6)..
2. Put the console cockpit cover (78) on the other side of handlebar
3. Use the wrench (93) and screws (77) to lock the cockpit onto the handlebar post.



STEP 7

1. Connect the adaptor (36)

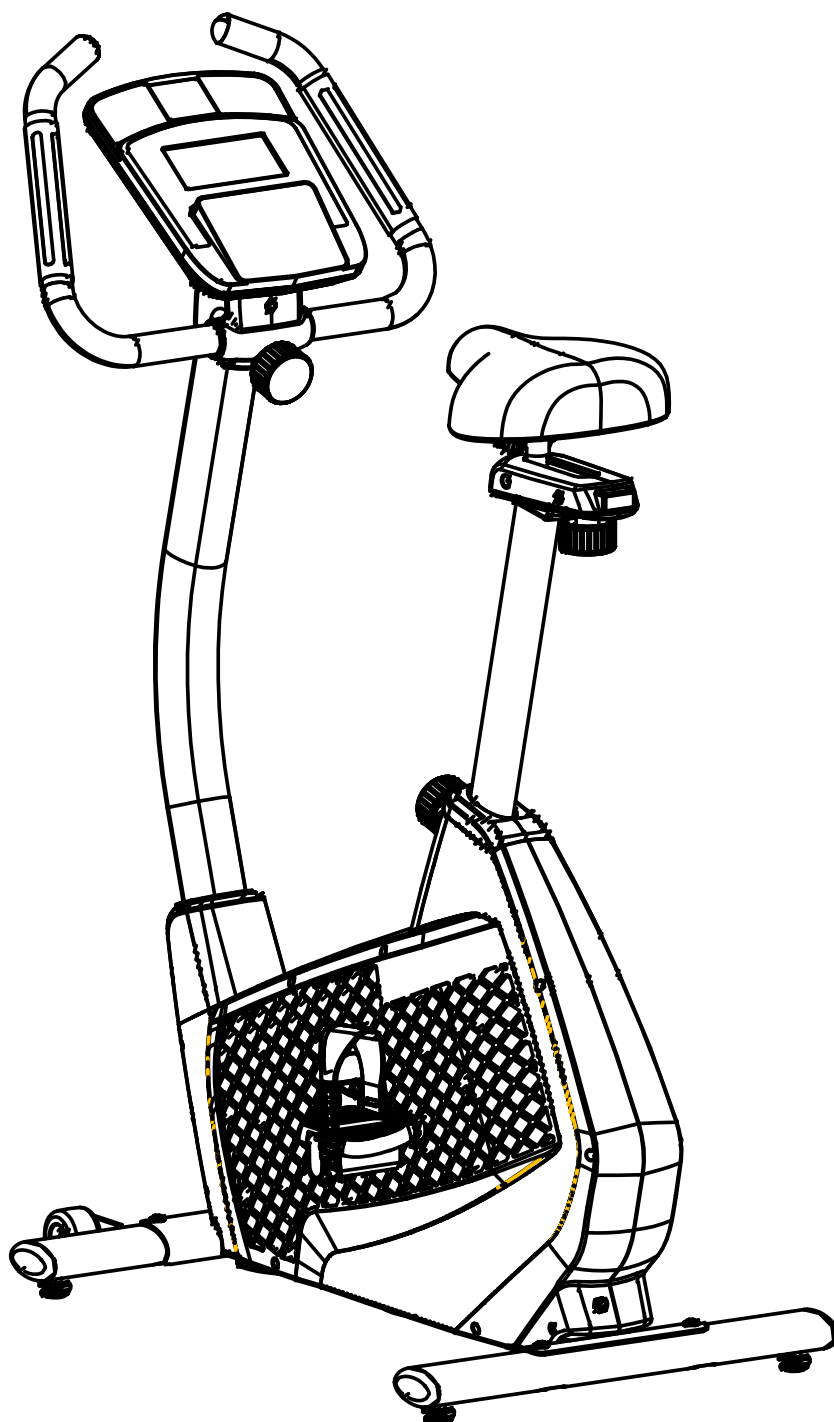
*** IMPORTANT SAFETY INFORMATION ***

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

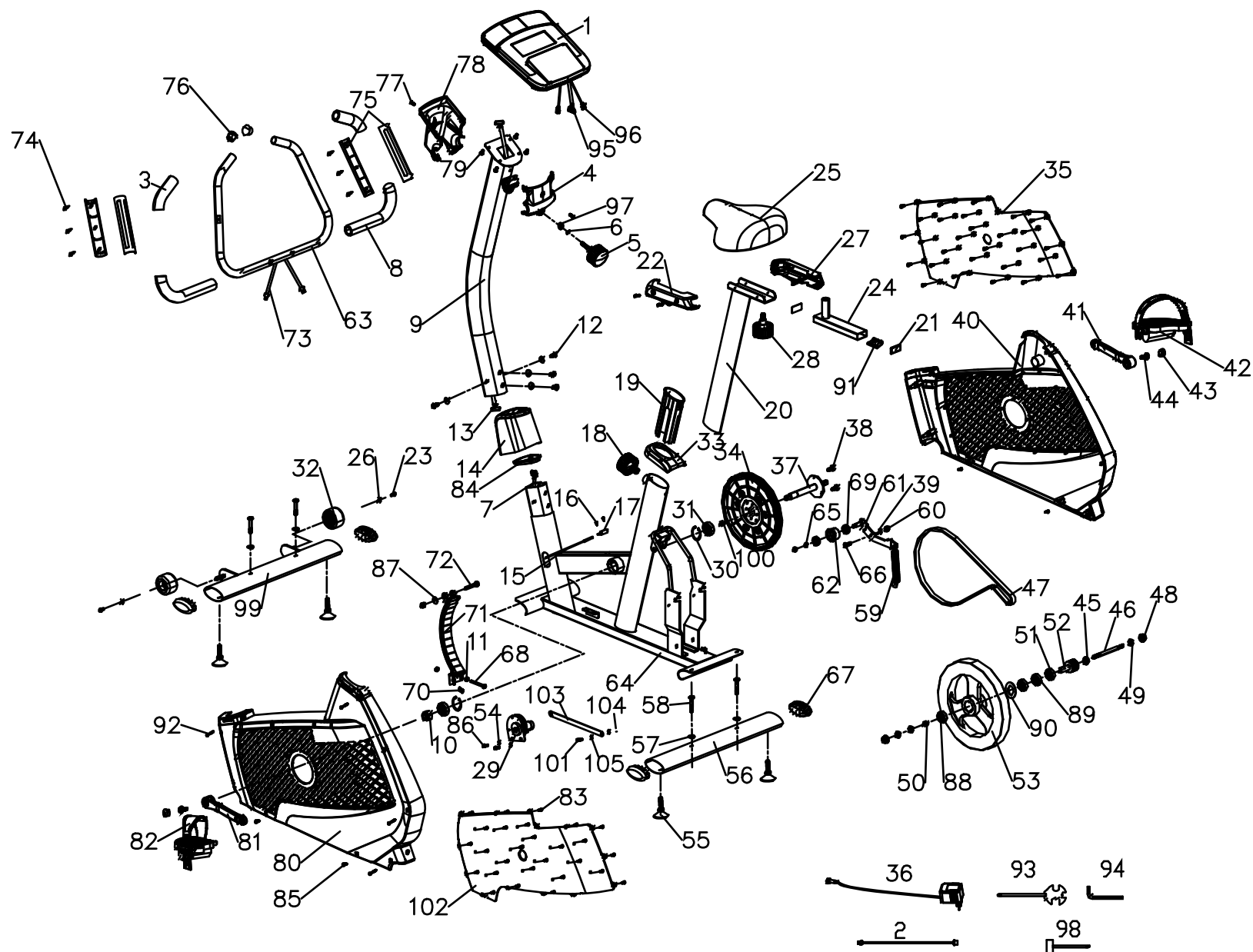
1. KEEP THE BIKE AWAY FROM THE ACCESS OF CHILDREN, DO NOT ALLOW THE CHILDREN TO BE AROUND WHEN USING THE MACHINE.
2. DO NOT RIDE THE BIKE STANDING UP.
3. DO NOT RIDE WHILE WEARING LOOSE ROBES, LOOSE PANTS OR SKIRTS.
4. ALWAYS WEAR A RUBBER SOLE SHOES OR TENNIS SHOES WHEN RIDING.
5. PLACE THE BIKE ON A SMOOTH HARD SURFACE.
6. THE USER'S MAX WEIGHT IS 100KGS.
7. THE BRAKING SYSTEM OF THE BIKE IS SPEED DEPENDMENT.
8. THE FIELD OF APPLICATION IS FOR HOME USE.
9. 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 IS NOT SUITABLE FOR THERAPEUTIC USE.

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

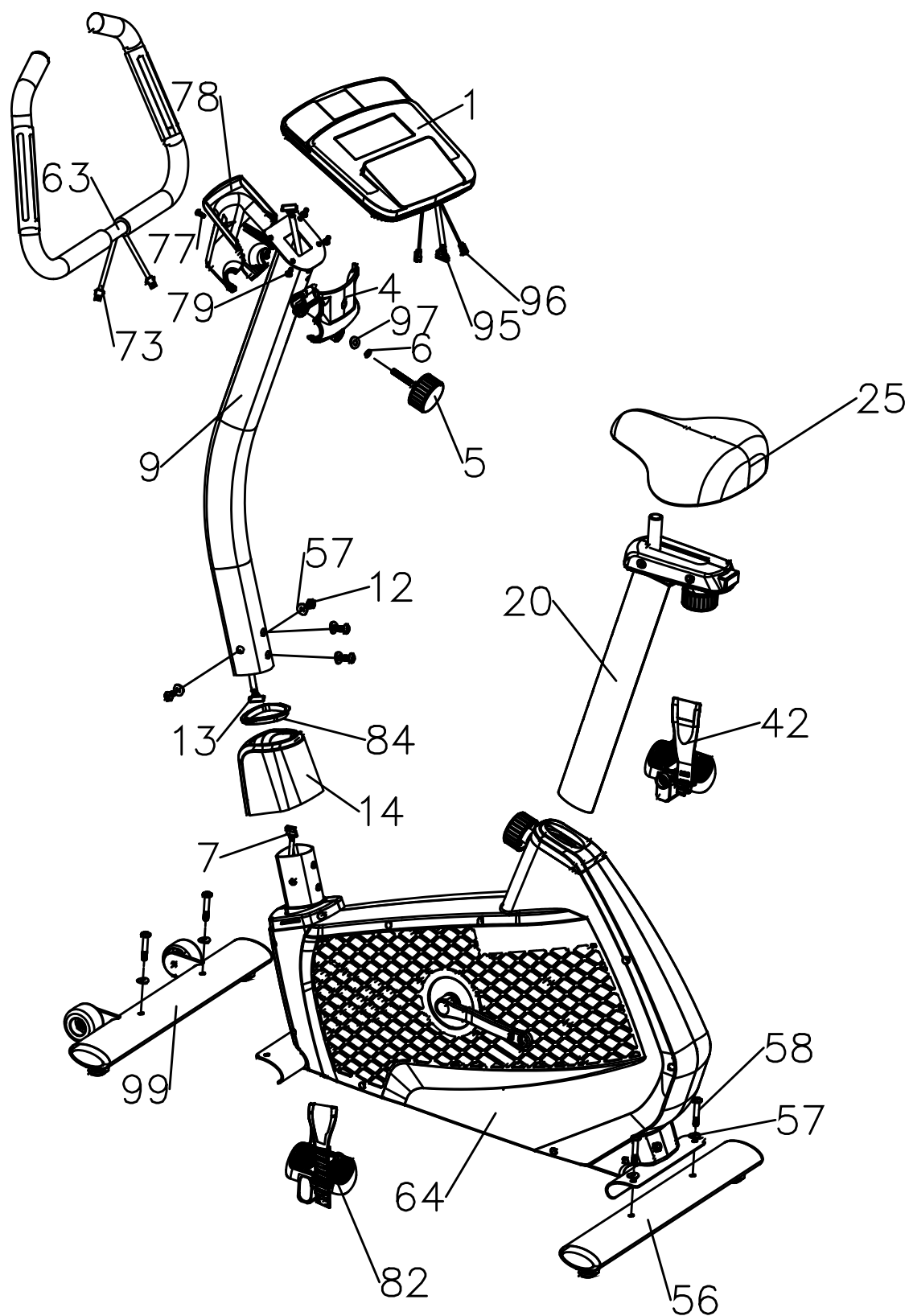
Manual til ASG4603



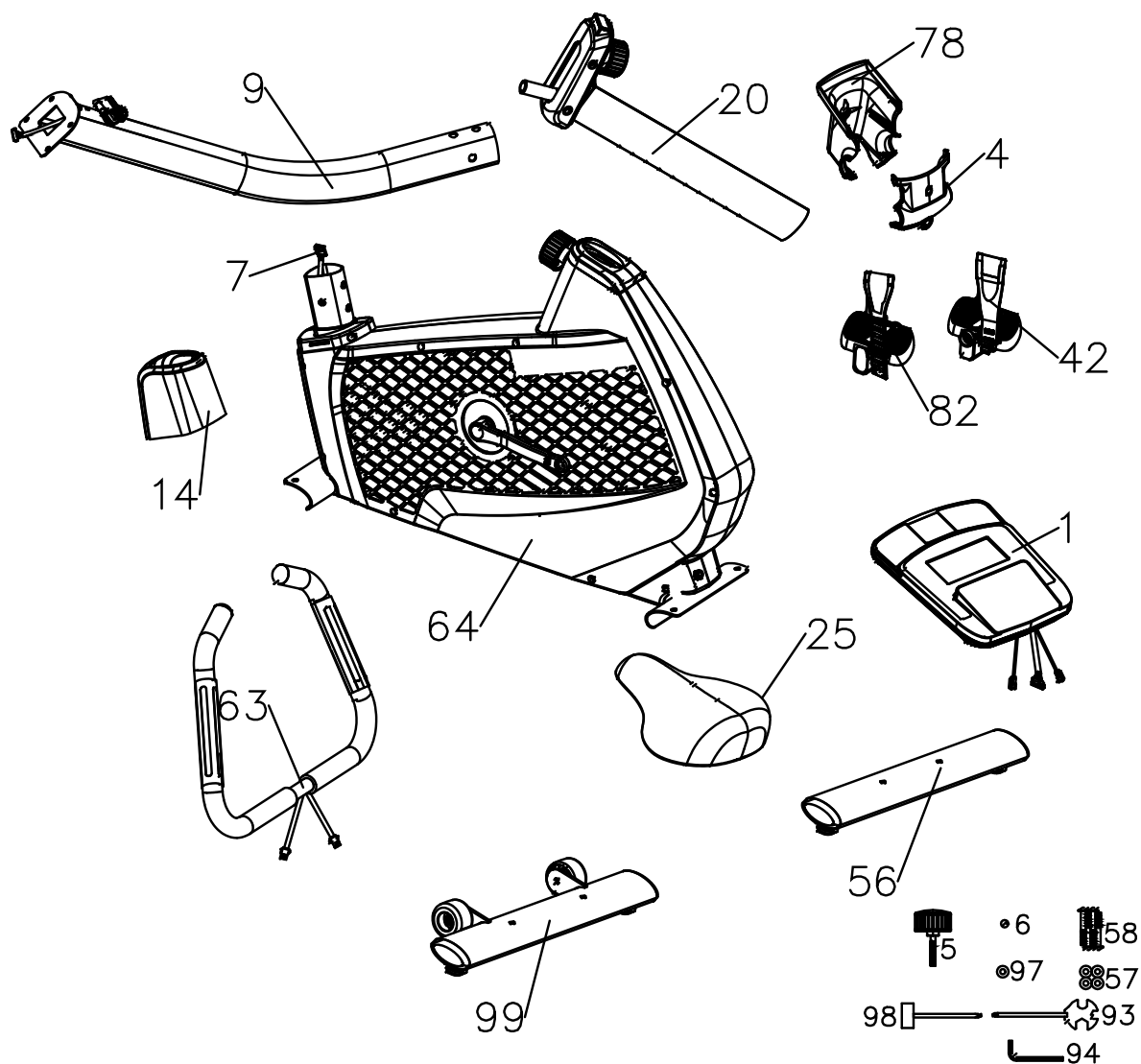
Eksploderet tegning



Formonteringstegning

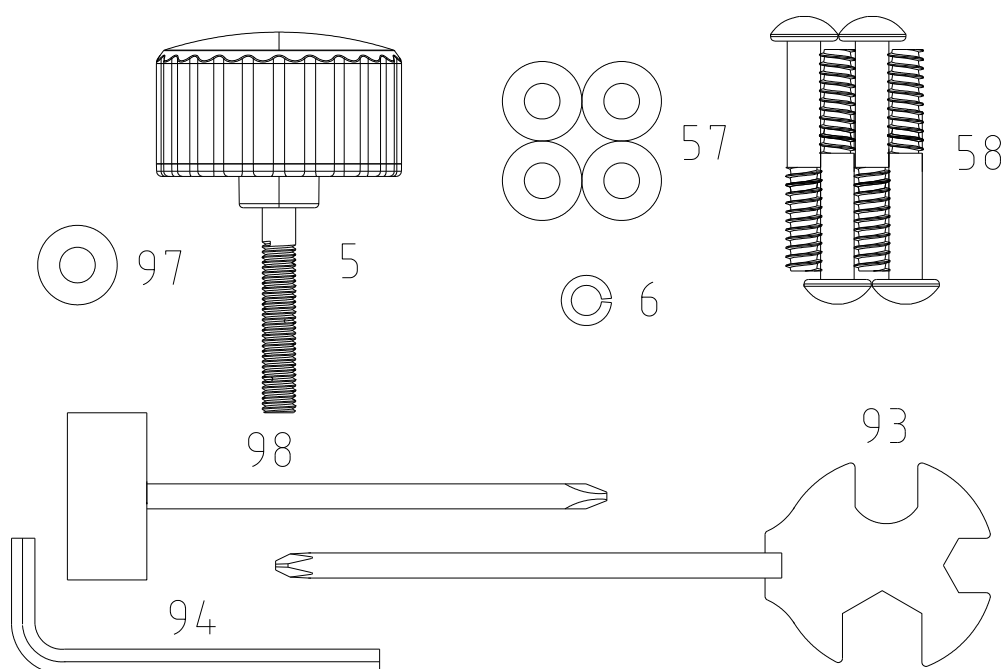


Dele I pakken



Del Nr.	Beskrivelse	Antal		Del Nr.	Beskrivelse	Antal
1	Konsol	1		42	Pedal R	1
4	Konsolcockpit bagtil	1		56	Bagerste stabilisator	1
9	Styrsøjle	1		64	Ramme	1
14	Styripindbeskytter	1		99	Forreste stabilisator	1
20	Sadelpind	1		63	Styr	1
25	Sadel	1		78	Konsolcockpit foran	1

Skruer og værktøj



Del Nr.	Beskrivelse	Antal
5	Knop	1
6	Fjederskive $\Phi 8 \times \Phi 13.5 \times 2.5T$	1
97	Flad skive $\Phi 8 \times \Phi 14 \times 2T$	1
57	Halvcirkelformet skive $\Phi 8 \times \Phi 19 \times 2T$	4
58	Skrue M8*46L	4
93	Harpunnøgle	1
94	Unbrakonøgle	1
98	Ærmetangenøgle	1

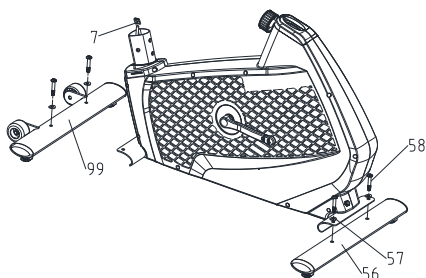
STYKLISTE OG VÆRKTØJ

Nr	Beskrivelse	Materiale	SPEC.	Antal	Nr	Beskrivelse	Materiale	SPEC.	Antal
1	Konsol			1	55	Fodmåtte			4
2	DC-kabel			1	56	Bagerste stabilisator			1
3	Skum øvre del			2	57	Halvcirkelformet skive		Φ8*Φ19*2T	8
4	Konsolcockpit bagtil	ABS		1	58	Skrue		M8*50L	4
5	Knop			1	59	Løbehjulsfjeder	65Mn	Φ2*Φ12*53N	1
6	Fjederskive	65Mn	Φ8.5*Φ13.5*2.5T	1	60	Nylonmøtrik	Q235	M8	2
7	Kabel nedre			1	61	Løftestang	Q235		1
8	Skum			2	62	Løftehjul	PC	Φ 40	1
9	Styrsøjle	Q 195		1	63	Styr			1
10	Nylonmøtrik		M17	1	64	Ramme			1
11	Sekskantmøtrik		M6	2	65	Ærme	Q235	Φ 10 * Φ 14 * 3L	1
12	Skrue	Q235	M8*16	4	66	Skrue		M8*20	1
13	Sensorkabel midt			1	67	Stabilisatorhætte	PP		4
14	Styrbindbeskytter	ABS		1	68	Skrue	Q235	M6*P1.0*60L	1
15	Sensorkabel nederst			1	69	Leje		6000	2
16	Skrue	Q235	ST3.5*12	2	70	Fjedder			1
17	Sensor holder	PP		1	71	Magnetisk sæt			1
18	Trækstift		M16	1	72	Skrue		M8*55L	1
19	Sæderørsbøsning	PP		1	73	Håndpuls-kabel nederst			2
20	Sæderør	Q235		1	74	Skrue		ST2.9*16L	6
21	Skydehætte			1	75	Håndgreb			2
22	Skydedæksel L	ABS		1	76	Rørprop			2
23	Skrue		M6*10L	2	77	Skrue		M5*16L	8
24	Sædeglider			1	78	Konsolcockpit foran	ABS		1
25	Sadel			1	79	Skrue	Q235	M5*12	4
26	Flad skive		Φ 6.5* Φ 13*2T	2	80	Hoveddæksel L	ABS		1
27	Skydedæksel R	ABS		1	81	Krank L	45	165	1
28	Knop	Q235 +ABS		1	82	Pedal L		9/16"	1
29	Motor			1	83	Skrue		ST 2.9* 8	58
30	Fjederskive	65Mn	Φ43.5*Φ37.3*1.5 T	2	84	Lille omslag	PVC		1
31	Leje		6203	2	85	Skrue	Q235	3/16 ' *3/4 '	4
32	Transporthjul	PA		2	86	Skrue		M6*12	2
33	Sæderørsdæksel	PVC		1	87	Flad skive		Φ 8* Φ 19*2T	2
34	Remskive	PA66	Φ 240	1	88	Leje		6300	1
35	Indvendigt betræk R	ABS		1	89	Leje		Envejsleje	1
36	Adapter			1	90	Flad skive		Φ 30* Φ 34*0.8T	1
37	Aksel	40Cr		1	91	Glideskrue			1
38	Skrue		M 8*12L	3	92	Skrue		ST 3.5 * 50L	9
39	Flad skive		Φ 8* Φ 16*1T	1	93	Harpunnøgle			1
40	Hoveddæksel R	ABS		1	94	Unbrakonøgle			1

41	Krank R	45	165	1	95	Sensorkabel øvre			1
42	Pedal R		9/16"	1	96	Håndpuls kabel øvre			2
43	Krumtapdæksel			2	97	Flad skive		φ 8* φ 14*2T	1
44	Skrue		M8*P1.0*20L,	2	98	Topnøgle			1
45	Leje		6900	1	99	Forreste stabilisator			1
46	Svinghjulsaksel			1	100	Akselmuffe		φ 17	1
47	Drivrem		415J6	1	101	Skrue		M 5*12	1
48	Mønstermøtrik		3/8 " -26-7T	2	102	Indvendigt låg L	ABS		1
49	Sekskantmøtrik		3/8"*26*4.5T	3	103	Forbindelsessta ng			1
50	Bøsning		φ 10* φ 15.8*6	2	104	Nylonmøtrik		M 5	1
51	Leje		6003	2	105	Flad skive		φ 5	2
52	Lille remskive	Q235	Φ 30	1					
53	Svinghjul	HT200	φ 280	1					
54	Flad skive		Φ 6	2					

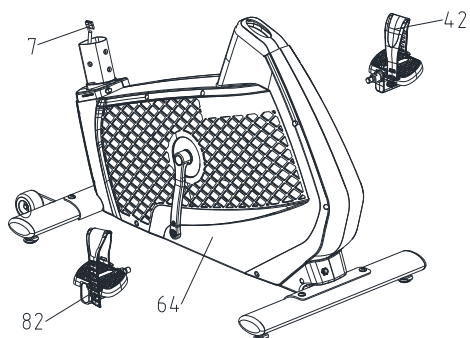
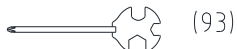
SAMLINGSTRIN

4 x	 (57) Ø8-Ø10-2T 4PCS
4 x	 (58) M8x46L 4PCS
1 x	 (94) 6mm



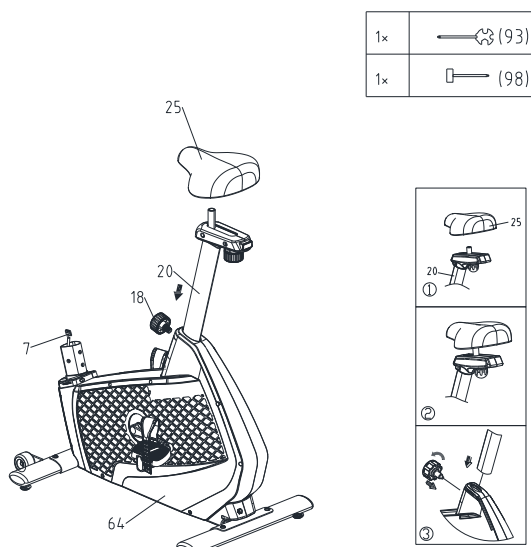
TRIN 1

1. Fastgør den bageste stabilisator (56) til den bageste del af stellet med skruer (58) og halvcirkelformede skiver (57), og spænd med en unbrakonøgle (94).
2. Fastgør den forreste stabilisator (99) til den forreste del af stellet med skruer (58) og halvcirkelformede skiver (57), og spænd med unbrakonøglen (94).



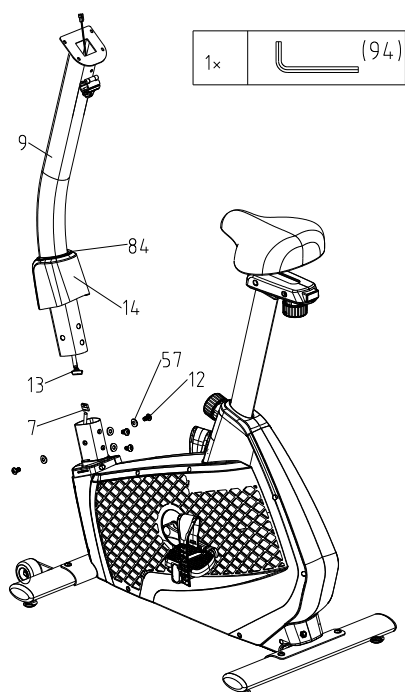
TRIN 2

1. Brug skruenøglen (93) til at montere pedalen (82) på pedalarmen på venstre side af stellet, og brug skruenøglen (93) til at montere pedalen (42) på pedalarmen på højre side af stellet.



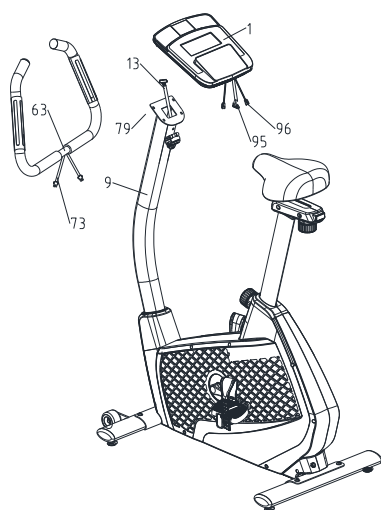
TRIN 3

1. Fastgør sadlen (25) på sadelrøret (20) og spænd den med skruenøglen (93, 98).
2. Skru knappen (18) af, sæt sadelrøret i stellet, og spænd derefter knappen (18).

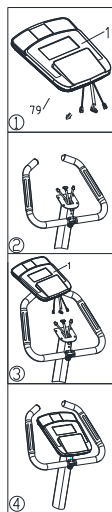


TRIN 4

1. Skru skruen (12) og den halvrunde skive (57) af stellet.
2. Sæt styrepinddækslet (84) (14) på styrepinddækslet.
3. Tilslut midtersensorkablet (13) til (7).
4. Sæt styrepinddækslet i stellet, og brug skruerne (12) og de halvrunde skiver (57) til at låse det fast i stellet. Brug unbrakonøglen (94) til at stramme det.
5. Sæt styrepinddækslet (84) (14) på steldækslet.

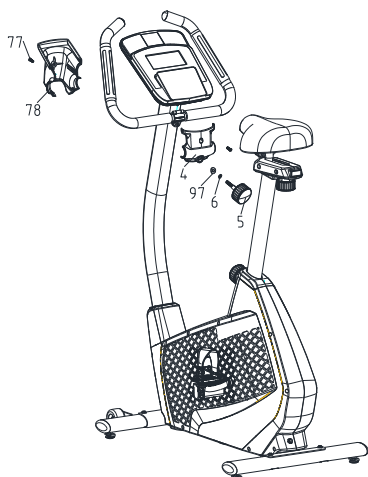


1x  (93)

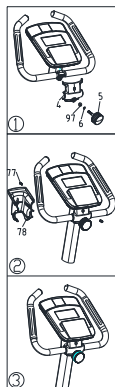


TRIN 5

1. Brug en skruenøgle (93) til at løsne skruerne (79) på bagsiden af konsollen.
2. Placer styret (63) på styrstolpens fastgørelsesplade, og før derefter det nederste håndpuls-kabel (73) ind i styrstolpens rør og ud gennem hullet i konsollens fastgørelsesplade.
3. Tilslut det øverste sensorkabel (95) til det midterste sensorkabel (13) på styrstolpen.
4. Brug en skruenøgle (93) til at låse konsollen med skruer (79) på styrstolpens konsolfastgørelsesplade.

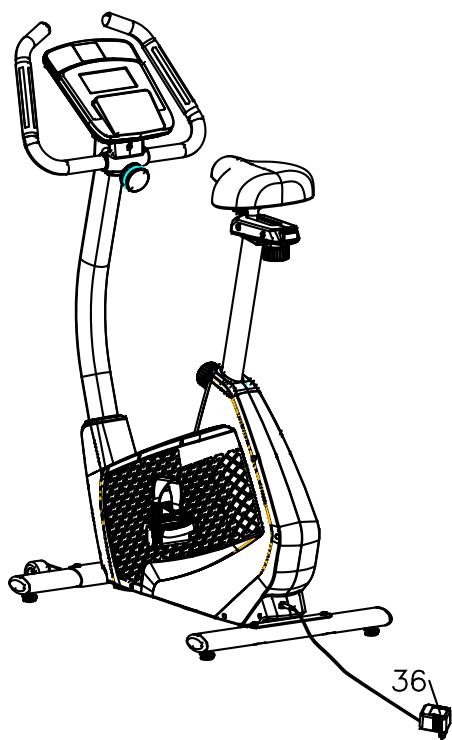


1x  (93)



TRIN 6

1. Placer konsolcockpitdækslet (4) på forsiden af styret, og lås styret med knappen (5), den flade skive (97) og fjederskiven (6).
2. Placer konsolcockpitdækslet (78) på den anden side af styret.
3. Brug skruenøglen (93) og skruerne (77) til at låse cockpittet fast på styrstolpen.



TRIN 7

1. Tilslut adapteren (36)

*** 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 LØS BEKLÆDNING, LØSE BUKSER ELLER NEDERDEL PÅ.
4. BRUG ALTID GUMMISKO ELLER TENNISKO, NÅR DU KØRER.
5. PLACER CYKLEN PÅ EN GLAT, HÅRD OVERFLADE.
6. BRUGERENS MAKSIMAL VÆGT ER 100 KG.
7. CYKLENS BREMSESYSTEM ER HASTIGHEDSAFHÆNGIG.
8. ANVENDELSESOMRÅDET ER TIL HJEMMEBRUG.
9. FØR HVER BRUG SKAL DU SIKRE, AT ALLE BEFESTIGNINGSMETODER PÅ ENHEDEN ER ORDENTLIGT FASTSPÆNDT. HVIS DE ER DEFECT, SKAL DU HOLD UDSTYRET UTILGÆNGELIGT FOR BRUG INDIL REPARATION.
10. BREMSEKLODSENE ER MEST TILGÆNGELIGE FOR SLITAGE. FØR BRUG SKAL DU SIKRE, AT DE FUNGERER.
11. UDSTYRETS SIKKERHEDSNIVEAU KAN KUN OPRETHOLDES, HVIS DET UNDERSØGES GRUNDIGT FOR SKADER OG SLITAGE.
12. DENNE CYKEL ER IKKE EGNET TIL TERAPEUTISK BRUG.

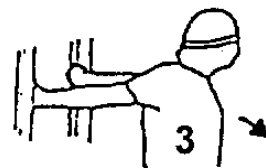
OPVARMNINGSØVELSER



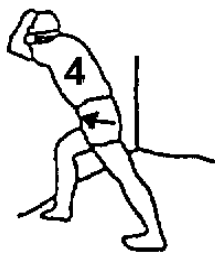
15 seconds for each



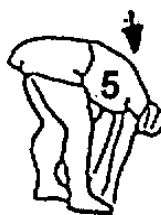
20 seconds



20 seconds



25 seconds



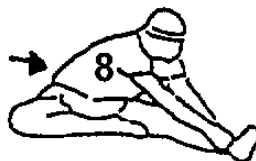
20 seconds



20 seconds



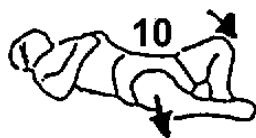
30 seconds



25 seconds for each leg



30 seconds



20 seconds



5 seconds x 3 times



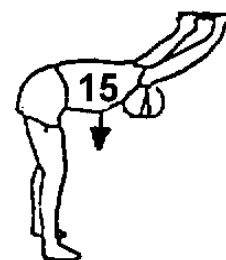
20 seconds



20 seconds for each leg



5 times



15 seconds

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