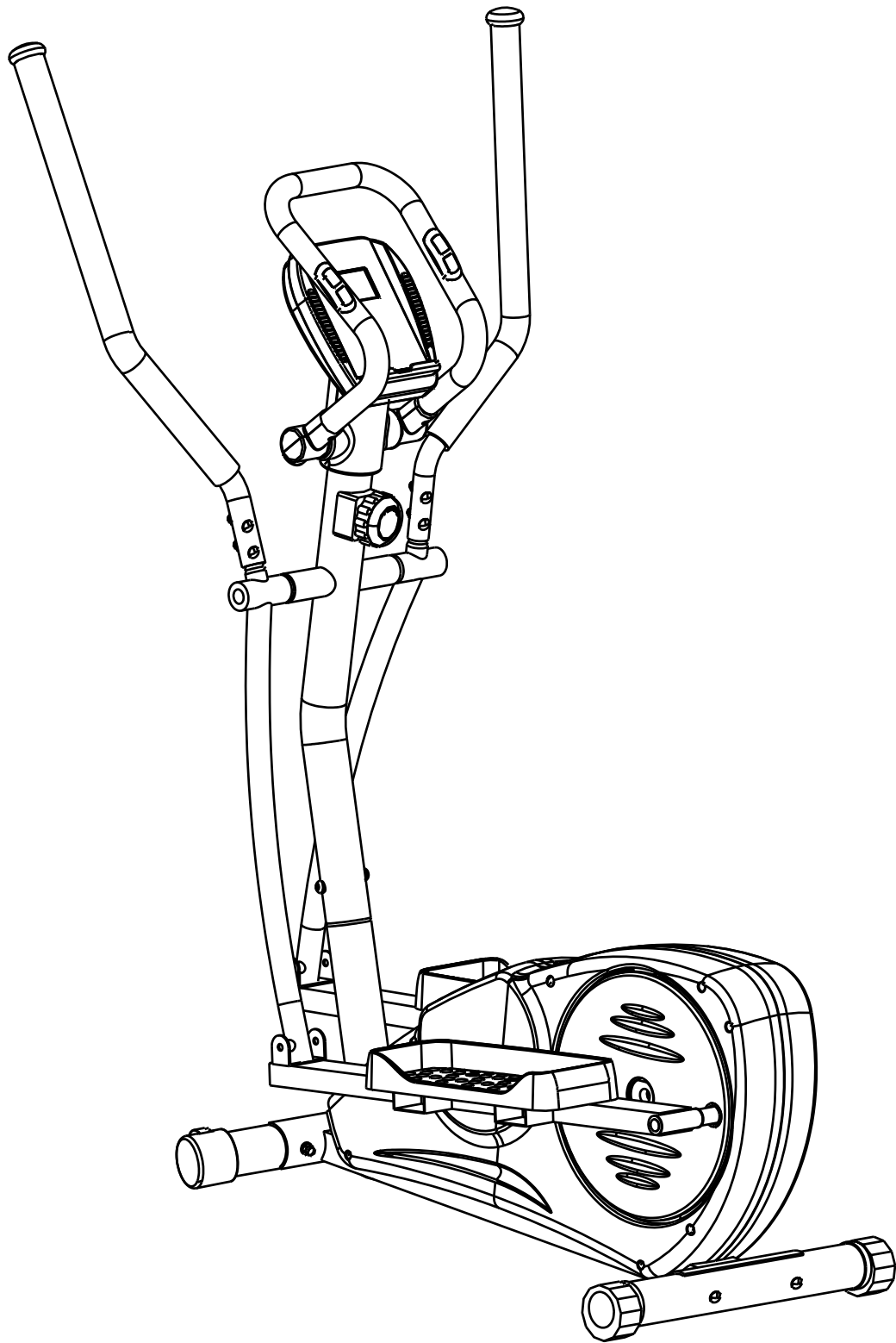
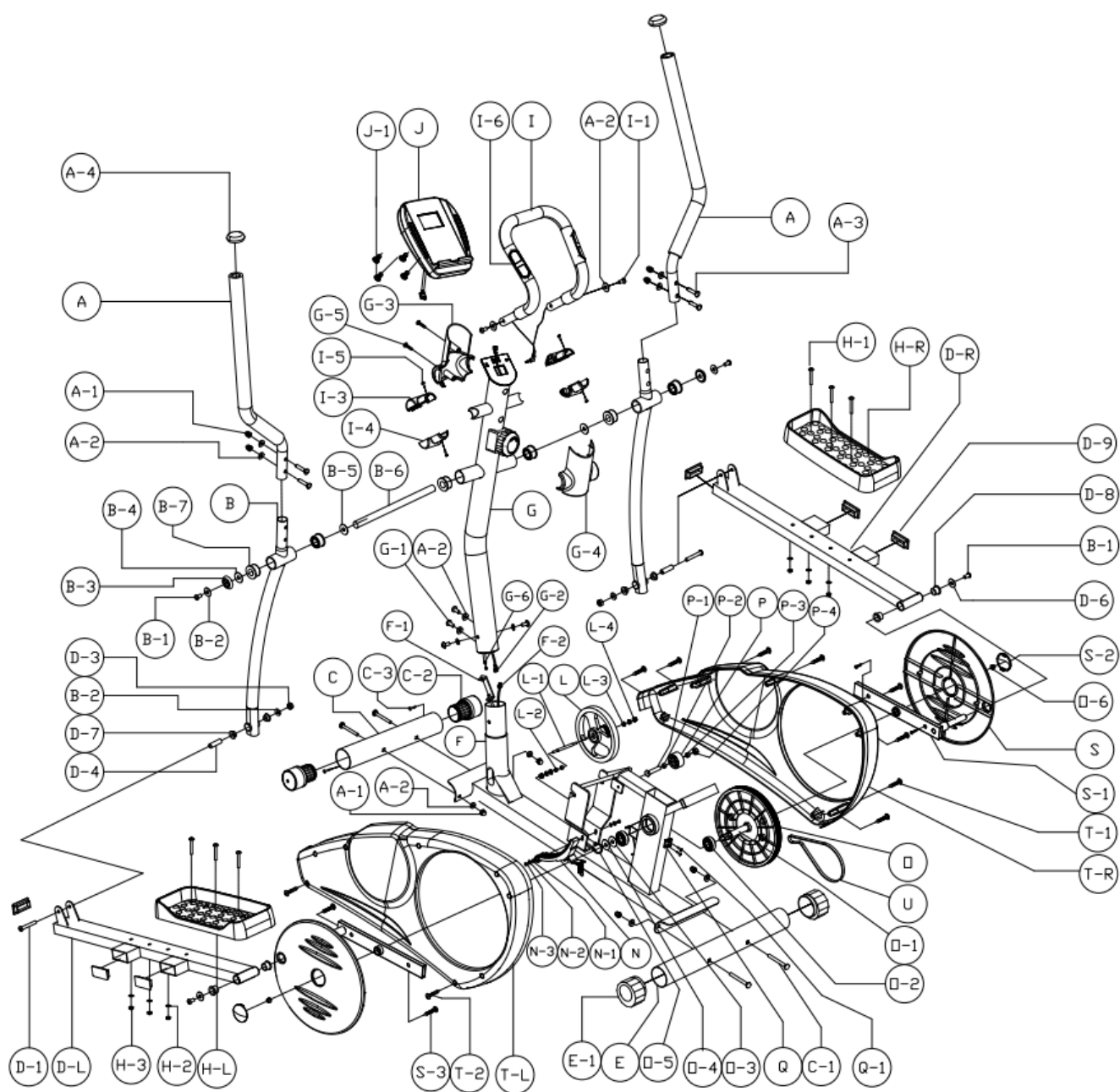


Manual for ASG4600



EXPLODED DRAWING



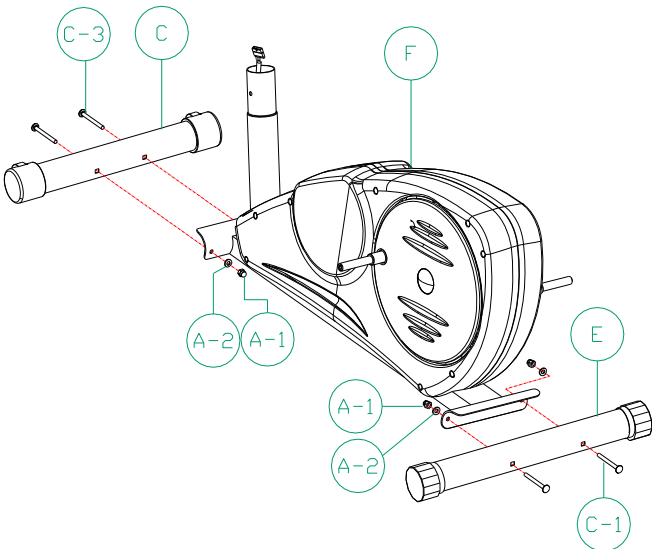
PARTS LIST AND TOOLS

No	Description	Specification	QTY	Remark
A	Handle bar upper	φ 28*1.8T*705	2 Pcs	
A-1	Cap nut	M8	8 Pcs	
A-2	Semi-circle washer	φ 8*φ 19*2T	14 Pcs	
A-3	Screw	M8*35L	4 Pcs	
A-4	End cap	φ 28 (PP)	2 Pcs	
B	Lower handlebar		2 Pcs	
B-1	Screw	M8*16L	4 Pcs	
B-2	Flat washer	φ 8*φ 19*2T	4 Pcs	
B-3	Bushing		2 Pcs	
B-4	Flat washer	φ 8*φ 30*1T	2 Pcs	
B-5	Wavy washer	φ 25*φ 17.5*0.3T	2 Pcs	
B-6	Central axle	φ 19*373L (M8)	1 Pcs	
B-7	Sleeve	φ 38*25L	6 Pcs	
C	Front stabilizer	φ 60*1.5T*350L (150W)	1 Pcs	
C-1	Screw	M8*75L	4 Pcs	
C-2	Transportation wheel	Nylon-6	2 Pcs	
C-3	Screw	M3*8L	2 Pcs	
D-L	Pedal tube L	30*60*1.5T*750L	1 Pcs	
D-R	Pedal tube R	30*60*1.5T*750L	1 Pcs	
D-1	Screw	M8*55L	2 Pcs	
D-3	Nylon nut	M8	2 Pcs	
D-4	Bushing	φ 11.9*φ 8.1*40L	2 Pcs	
D-6	Flat washer	φ 8.4*φ 24*2T	2 Pcs	
D-7	Sleeve	φ 20*φ 16*φ 12*9.5L	4 Pcs	
D-8	Sleeve	PA	4 Pcs	
D-9	Cap	PP	6 Pcs	
E	Rear stabilizer	φ 60*1.5T*500L (150W)	1 Pcs	
E-1	Rear stabilizer cap	φ 60 PP	2 Pcs	
F	Main frame	E0315D	1 Pcs	
F-1	CABLE lower	8P-P2.5 female+8P male 130CM	1 Pcs	
G	Handlebar post	φ 60	1 Pcs	
G-1	Screw	M8*P1.25*16L (6m/6m)	4 Pcs	
G-2	CABLE upper	8P male+8P female 90CM	1 Pcs	
G-3	Handlebar cover front	ABS	1 Pcs	
G-4	Handlebar cover rear	ABS	1 Pcs	
G-5	Screw	ST4*50L 35#	2 Pcs	
H-L	Pedal L	PP+TPR	1 Pcs	
H-R	Pedal R	PP+TPR	1 Pcs	

H-1	Screw	M6*43L	6 Pcs	
H-2	Flat washer	$\phi 6.4 * \phi 12 * 1.6T$	6 Pcs	
H-3	Nylon nut	M6	6 Pcs	
I	Fixed handlebar	$\phi 22.2 * 1.5T$	1 Pcs	
I-1	Screw	M8*38L	2 Pcs	
I-3	Handlebar cover upper	ABS	2 Pcs	
I-4	Handlebar cover lower	ABS	2 Pcs	
I-5	Screw	M5*12L	4 Pcs	
I-6	Hand pulse	WP1007-12B	1 Set	
J	Console	YT6822	1 Set	
J-1	Screw	M5*10L	4 Pcs	
K	Adaptor	220V/50Hz	1 Pcs	
L	Flywheel	$\phi 250$	1 Set	
L-1	Flywheel axle	3/8"-26*130L	1 Pcs	
L-2	Sleeve	$\phi 14 * \phi 10.2 * 9L$	1 Pcs	
L-3	Hex nut	3/8"-26*4.5t	3 Pcs	
L-4	Pattern nut	3/8"-26	2 Pcs	
M	Motor		1 Pcs	
M-1	Screw	M5*12L	4 Pcs	
N	Magnetic set		1 Pcs	
N-1	Spring washer	$\phi 6$ 65Mn	2 Pcs	
N-2	Flat washer	$\phi 6x \phi 13x1t$ Q235	2 Pcs	
N-3	Hex screw	M6xP1.0*16L (30#	2 Pcs	
O	Pulley	$\phi 17 * \phi 232$	1 Pcs	
O-1	Axle	$\phi 17 * 135L$	1 Pcs	
O-2	Bearing	6203 (RS)	2 Pcs	
O-3	Wavy washer	$\phi 17.5x \phi 25x0.3t$	1 Pcs	
O-4	Flat washer	$\phi 17.5x \phi 25x0.3t$	1 Pcs	
O-5	C clip	$\phi 17$ 65Mn	1 Pcs	
O-6	Pattern nut	M10xP1.25x10T	2 Pcs	
P	Idler wheel	$\phi 40$	1 Pcs	
P-1	Screw	M10*48L	1 Pcs	
P-2	Sleeve	$\phi 10 * \phi 14 * 3mm1$	1 Pcs	
P-3	Sleeve	$\phi 10 * \phi 14 * 9mm1$	1 Pcs	
P-4	Nylon nut	M10*8T	1 Pcs	
Q	SENSOR F	2PP2.5 +S2010 25CM	1 Pcs	
Q-1	Screw	M3*8L	2 Pcs	
S	Disc	ABS	2 Pcs	
S-1	Disc bar	38.1*12.7*2T	2 Pcs	
S-2	Disc cover	ABS	2 Pcs	

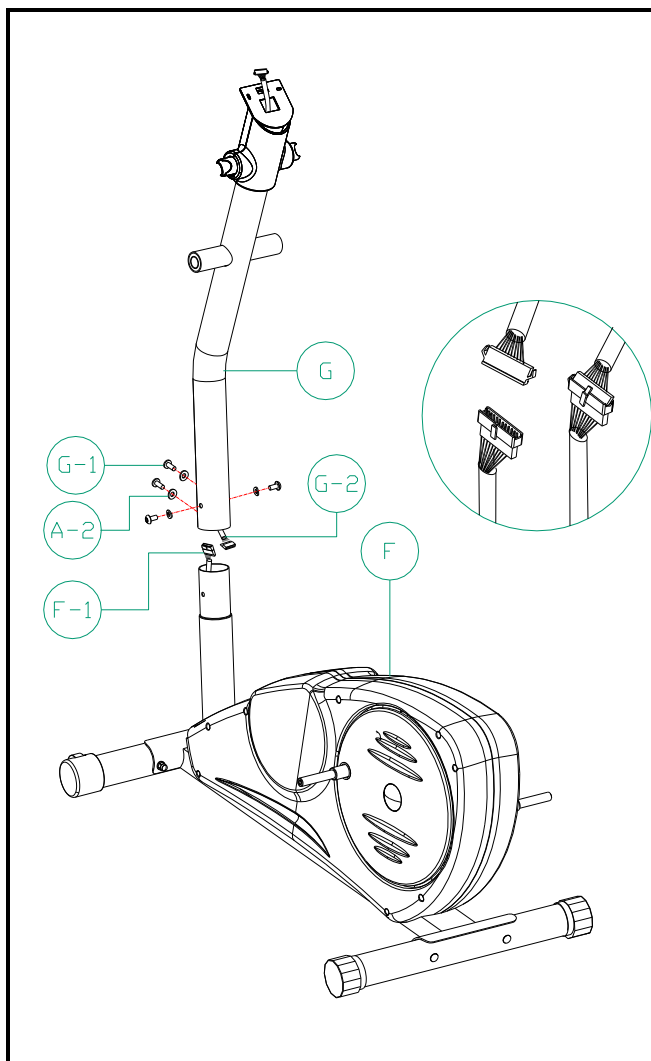
S-3	Screw	M4*20L	4 Pcs	
T-L	Main cover L	ABS	1 Pcs	
T-R	Main cover R	ABS	1 Pcs	
T-1	Screw	M4*50L	6 Pcs	
T-2	Screw	3/16" (#10) *3/4"	4 Pcs	
U	Drive belt	J6 390	1 Pcs	

ASSEMBLY INSTRUCTION



STEP 1

Fasten the front(C) & rear stabilizer(E) with 2 carriage bolts(C-3) 2 half round washers (A-2) and 2 carriage nuts(A-1) to the main frame.



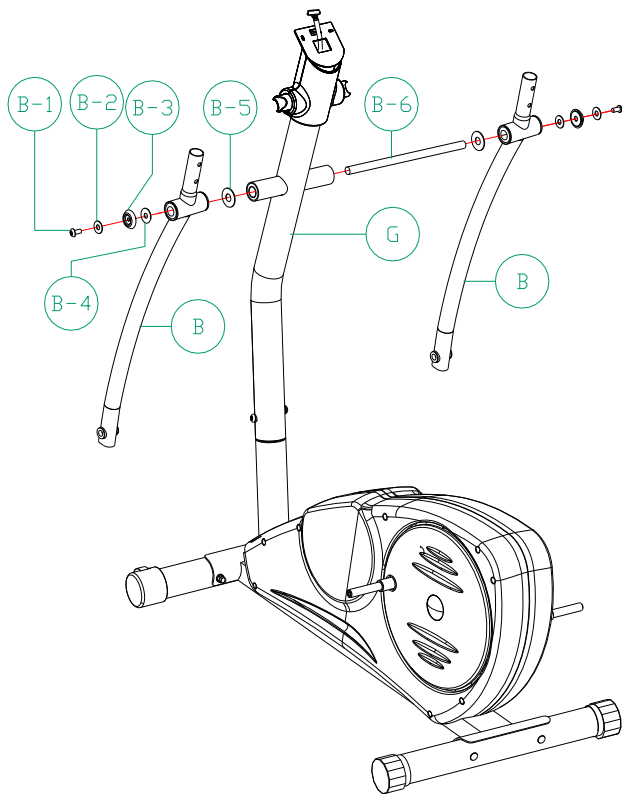
STEP 2

Pull the tension control(62)out of the handlebar post ,And ensure the tension knob is at the lightest position;

Connect the tension control (62 、 59)by pushing the head into the notch of cable coming from the main frame;

Connect the sensor cable (47、 60);

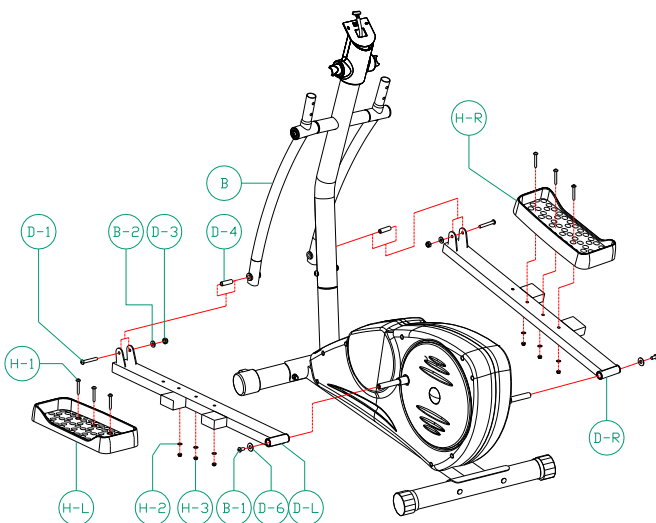
Put the handlebar post into the main frame and fix it with 4 screw(58) & 4 half round washer .



STEP 3

Insert the Rotation axis(57) into the handlebar post and assemble the left moveable handlebar (6L)、flat washer (8)、plastic washer(9)、flat washer(10) and screw(11);

Assemble the right below moveable handlebar with the same way. And tighten the two screw(11) use two Allen Wrench.



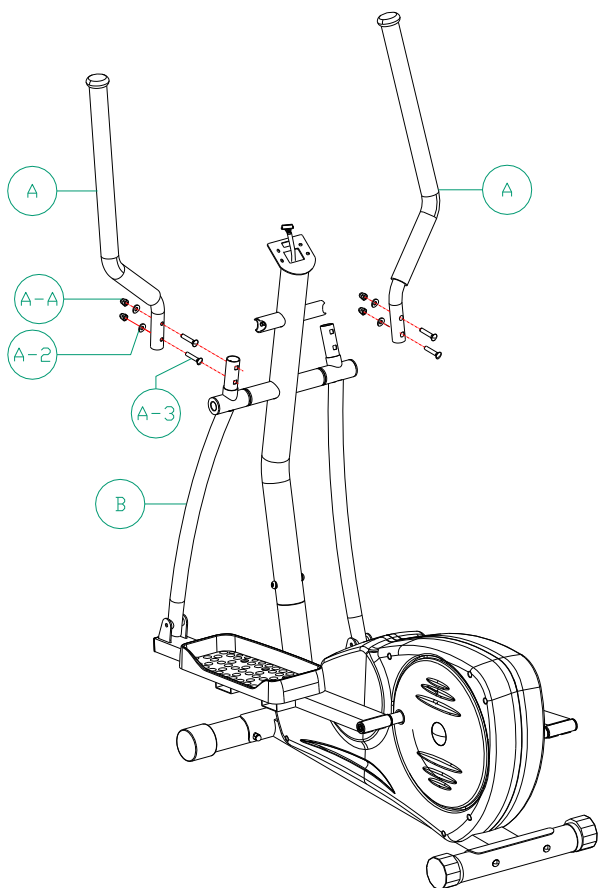
STEP 4

Put the left pedal onto the left footplate and tight it with 3 flat washer(19)、3 screw(20)、3 M6 Bolt;

Then fasten the left footplate with the left rotation disk, using 1 flat washer(17) and 1 M8 bolt(11), PLS ensure you assemble tightly;

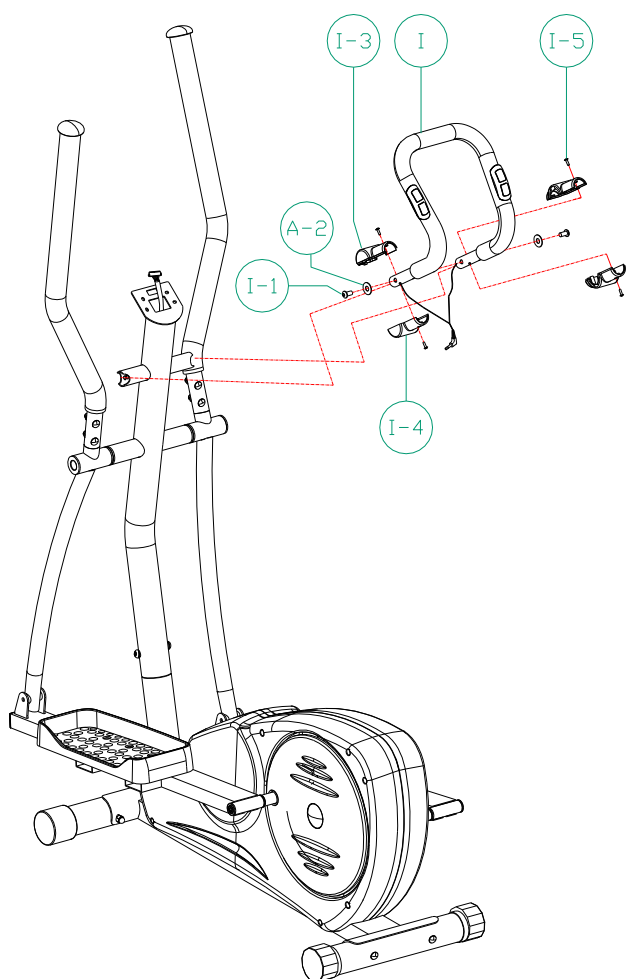
And then fasten the left footplate with the left moveable handlebar(below), using 1 STEEL SPACER(14)、1 BOLT(16)、1 FLAT WASHER(20) and 1 Nylon screw,

And assemble right footplate with the same way.



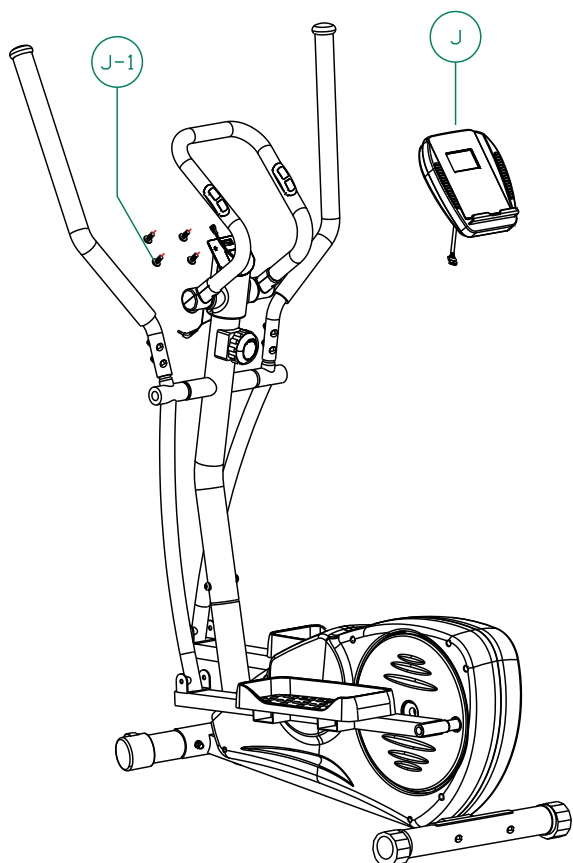
STEP 5

Fasten the left moveable handlebar upper with the left moveable handlebar below, using 2 carriage bolt(5)、2 half round washer and 2 carriage nut, And assemble the right moveable handlebar upper with the same way.



STEP 6

Assemble the top handlebar onto the hand post with 2 half round washer、2 M8 bolt and tighten them,And then place the top handlebar cover(front & rear) on the proper position then tight it with 4 screw(55).



STEP 7

Connect the hand pulse wire and sensor wire, then place the computer onto the computer bracket and fasten it with 4 screw.

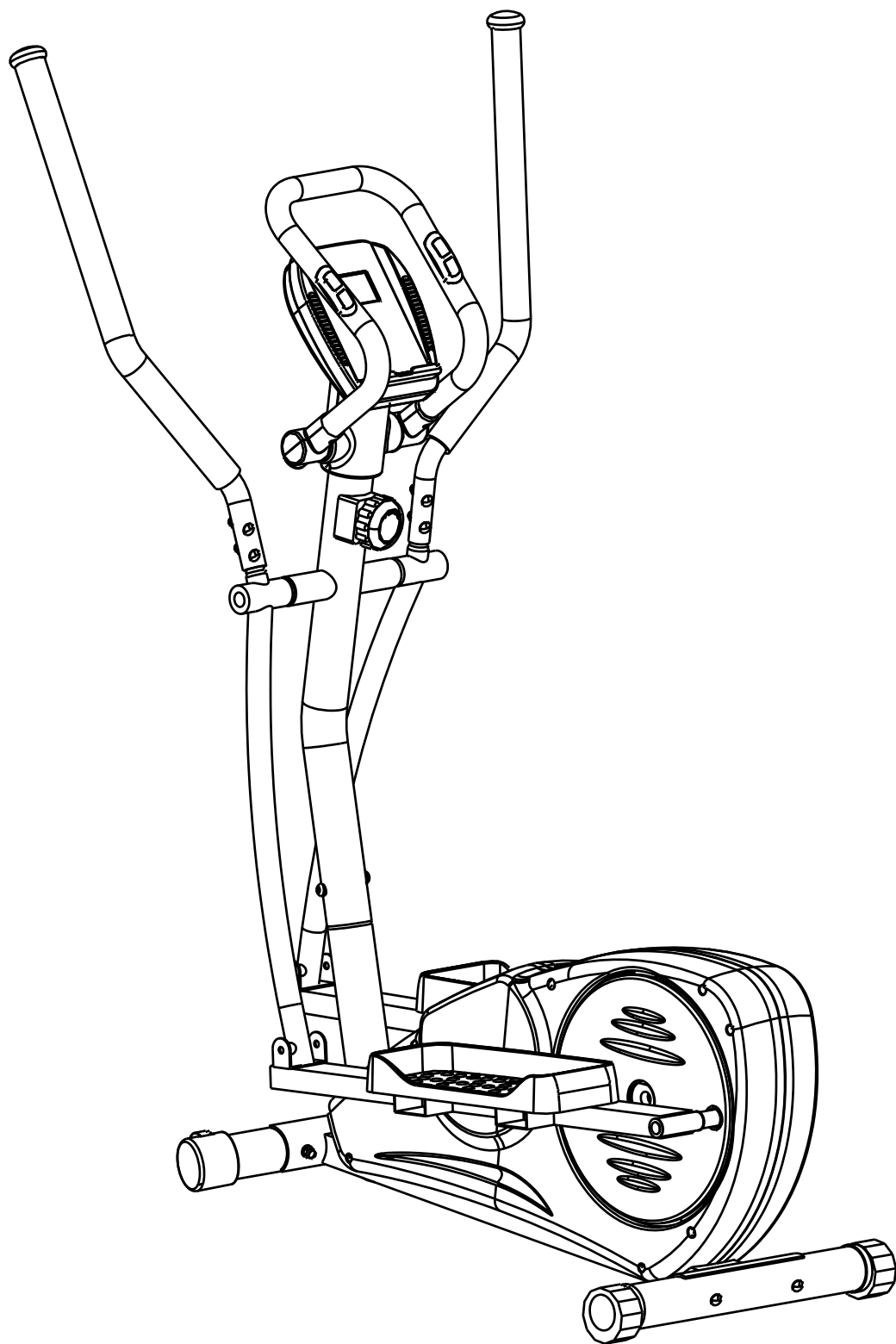
*** IMPORTANT SAFETY INFORMATION ***

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

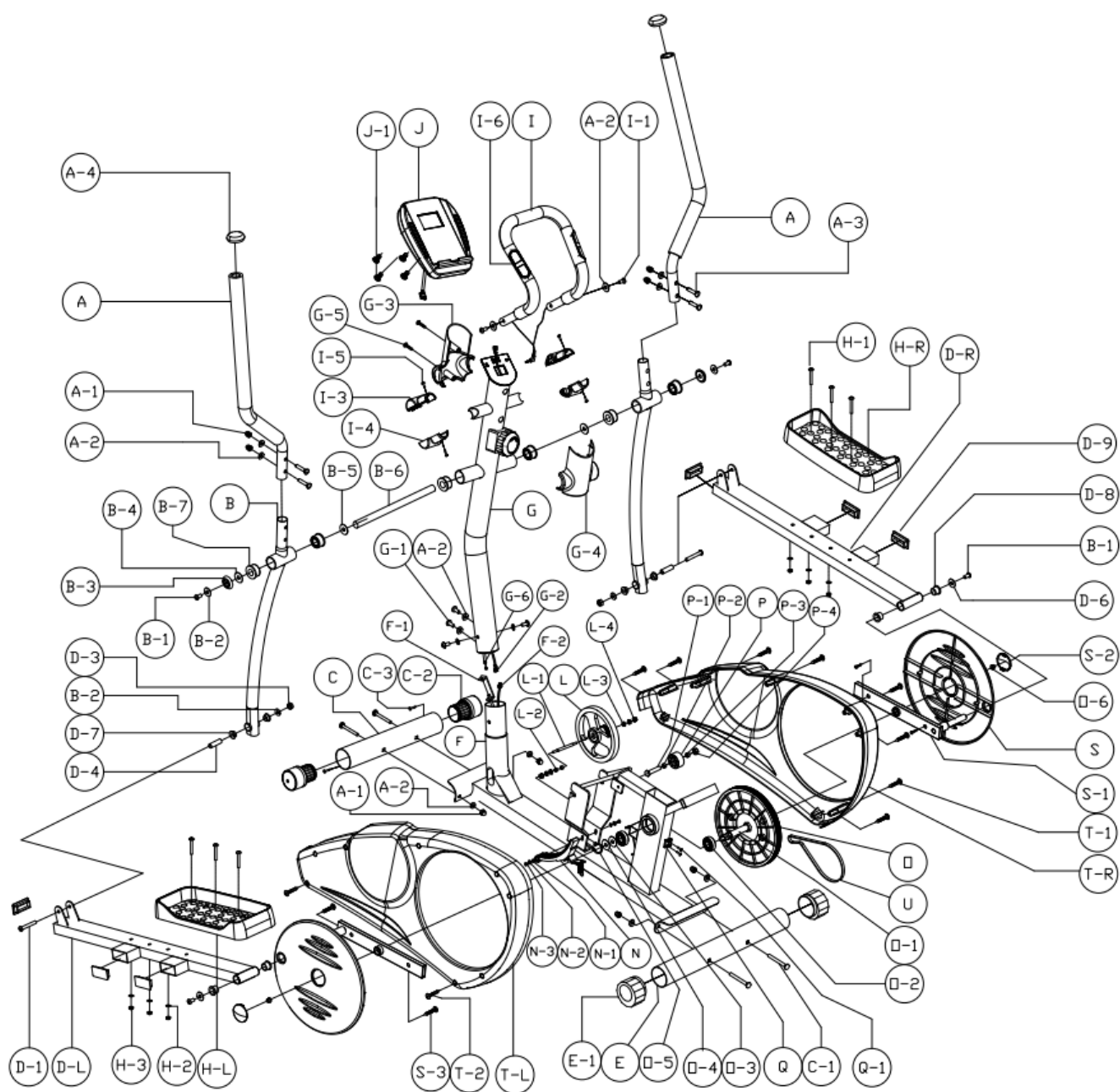
1. KEEP THE CROSSTRAINER AWAY FROM THE ACCESS OF CHILDREN, DO NOT ALLOW THE CHILDREN TO BE AROUND WHEN USING THE MACHINE.
2. DO NOT USE WHILE WEARING LOOSE ROBES, LOOSE PANTS OR SKIRTS.
3. ALWAYS WEAR RUBBER SHOES OR TENNIS SHOES WHEN WORKING OUT.
4. PLACE THE CROSSTRAINER ON A SMOOTH HARD SURFACE.
5. THE USER'S MAX WEIGHT IS 100KGS.
6. THE FIELD OF APPLICATION IS FOR HOME USE.
7. 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.
8. THE SAFETY LEVEL OF THE EQUIPMENT CAN BE MAINTAINED ONLY IF IT IS EXAMINED REGULARLY FOR DAMAGE AND WEAR.
9. THIS CROSSTRAINER IS NOT SUITABLE FOR THERAPEUTIC USE.

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Niels Bohrsvej 2. 9900 Frederikshavn. DK
Tel: +45 70 126 126. E-mail: Info@spsca.dk
www.spsca.dk

Manual til ASG4600



Eksploderet tegning



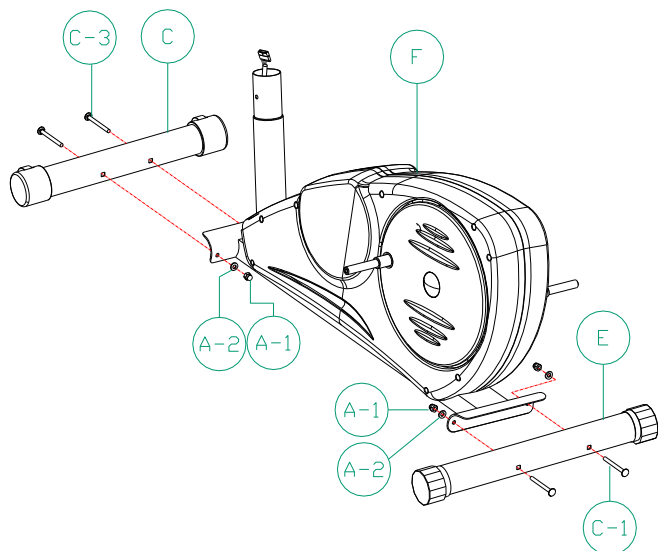
STYKLISTE OG VÆRKTØJ

Nr	Beskrivelse	Specifikationer	Antal	Bemærkning
A	Øvre håndtag	φ 28*1.8T*705	2 Pcs	
A-1	Hættemøtrik	M8	8 Pcs	
A-2	Halvcirkelskive	φ 8*φ 19*2T	14 Pcs	
A-3	Skrue	M8*35L	4 Pcs	
A-4	Endekappe	φ 28 (PP)	2 Pcs	
B	Nederste styr		2 Pcs	
B-1	Skrue	M8*16L	4 Pcs	
B-2	Flad skive	φ 8*φ 19*2T	4 Pcs	
B-3	Bøsning		2 Pcs	
B-4	Flad skive	φ 8*φ 30*1T	2 Pcs	
B-5	Bølget skive	φ 25*φ 17.5*0.3T	2 Pcs	
B-6	Centralaksel	φ 19*373L (M8)	1 Pcs	
B-7	Ærme	φ 38*25L	6 Pcs	
C	Forreste stabilisator	φ 60*1.5T*350L (150W)	1 Pcs	
C-1	Skrue	M8*75L	4 Pcs	
C-2	Transporthjul	Nylon-6	2 Pcs	
C-3	Skrue	M3*8L	2 Pcs	
D-L	Pedalrør V	30*60*1.5T*750L	1 Pcs	
D-R	Pedalrør H	30*60*1.5T*750L	1 Pcs	
D-1	Skrue	M8*55L	2 Pcs	
D-3	Nylonmøtrik	M8	2 Pcs	
D-4	Bøsning	φ 11.9*φ 8.1*40L	2 Pcs	
D-6	Flad skive	φ 8.4*φ 24*2T	2 Pcs	
D-7	Ærme	φ 20*φ 16*φ 12*9.5L	4 Pcs	
D-8	Ærme	PA	4 Pcs	
D-9	Dæksel	PP	6 Pcs	
E	Bagerste stabilisator	φ 60*1.5T*500L (150W)	1 Pcs	
E-1	Bageste stabilisatordæksel	φ 60 PP	2 Pcs	
F	Hovedramme	E0315D	1 Pcs	
F-1	Nedre kabel	8P-P2.5 female+8P male 130CM	1 Pcs	
G	Styrsøjle	φ 60	1 Pcs	
G-1	Skrue	M8*P1.25*16L (6m/6m)	4 Pcs	
G-2	Øvre kabel	8P male+8P female 90CM	1 Pcs	
G-3	Styrbeklædning foran	ABS	1 Pcs	
G-4	Styrbeklædning bagtil	ABS	1 Pcs	
G-5	Skrue	ST4*50L 35#	2 Pcs	
H-L	Pedal V	PP+TPR	1 Pcs	

H-R	Pedal H	PP+TPR	1 Pcs	
H-1	Skrue	M6*43L	6 Pcs	
H-2	Flad skive	φ 6. 4*φ 12*1. 6T	6 Pcs	
H-3	Nylonmøtrik	M6	6 Pcs	
I	Fast styr	φ 22.2*1.5T	1 Pcs	
I-1	Skrue	M8*38L	2 Pcs	
I-3	Styrbeskytter øverst	ABS	2 Pcs	
I-4	Styrbeskytter nederst	ABS	2 Pcs	
I-5	Skrue	M5*12L	4 Pcs	
I-6	Håndpuls	WP1007-12B	1 Set	
J	Konsol	YT6822	1 Set	
J-1	Skrue	M5*10L	4 Pcs	
K	Adapter	220V/50Hz	1 Pcs	
L	Svinghjul	φ 250	1 Set	
L-1	Svinghjul aksel	3/8"-26*130L	1 Pcs	
L-2	Ærme	φ 14*φ 10. 2*9L	1 Pcs	
L-3	Sekskantmøtrik	3/8"-26*4. 5t	3 Pcs	
L-4	Mønstermøtrik	3/8"-26	2 Pcs	
M	Motor		1 Pcs	
M-1	Skrue	M5*12L	4 Pcs	
N	Magnetisk sæt		1 Pcs	
N-1	Fjederskive	φ 6 65Mn	2 Pcs	
N-2	Flad skive	φ 6x φ 13x1t Q235	2 Pcs	
N-3	Sekskantmøtrik	M6xP1. 0*16L (30#	2 Pcs	
O	Remskive	φ 17*φ 232	1 Pcs	
O-1	Aksel	φ 17*135L	1 Pcs	
O-2	Leje	6203 (RS)	2 Pcs	
O-3	Bølget skive	φ 17. 5x φ 25x0. 3t	1 Pcs	
O-4	Flad skive	φ 17. 5x φ 25x0. 3t	1 Pcs	
O-5	C. klip	φ 17 65Mn	1 Pcs	
O-6	Mønstermøtrik	M10xP1. 25x10T	2 Pcs	
P	Løftehjul	φ 40	1 Pcs	
P-1	Skrue	M10*48L	1 Pcs	
P-2	Ærme	φ 10*φ 14*3mm1	1 Pcs	
P-3	Ærme	φ 10*φ 14*9mm1	1 Pcs	
P-4	Nylonmøtrik	M10*8T	1 Pcs	
Q	SENSOR F	2PP2. 5 +S2010 25CM	1 Pcs	
Q-1	Skrue	M3*8L	2 Pcs	
S	Disk	ABS	2 Pcs	
S-1	Skivestang	38. 1*12. 7*2T	2 Pcs	

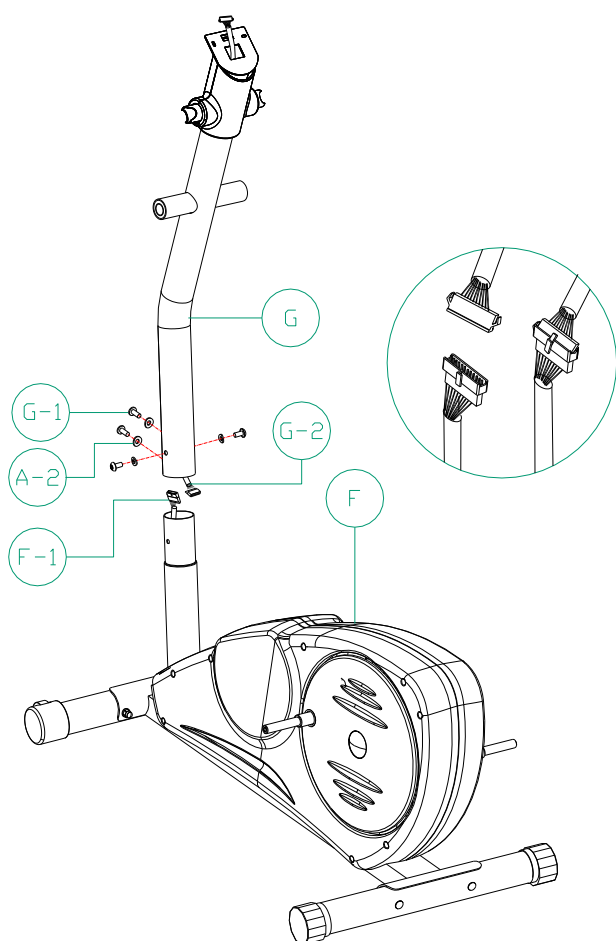
S-2	Diskdæksel	ABS	2 Pcs	
S-3	Skrue	M4*20L	4 Pcs	
T-L	Hoveddæksel V	ABS	1 Pcs	
T-R	Hoveddæksel H	ABS	1 Pcs	
T-1	Skrue	M4*50L	6 Pcs	
T-2	Skrue	3/16" (#10) *3/4"	4 Pcs	
U	Drivrem	J6 390	1 Pcs	

SAMLEVEJLEDNING



TRIN 1

1: Fastgør den forreste (C) og bageste stabilisator (E) med 2 bræddebolte (C-3), 2 halvrunde skiver (A-2) og 2 bræddemøtrikker (A-1) til hovedrammen.



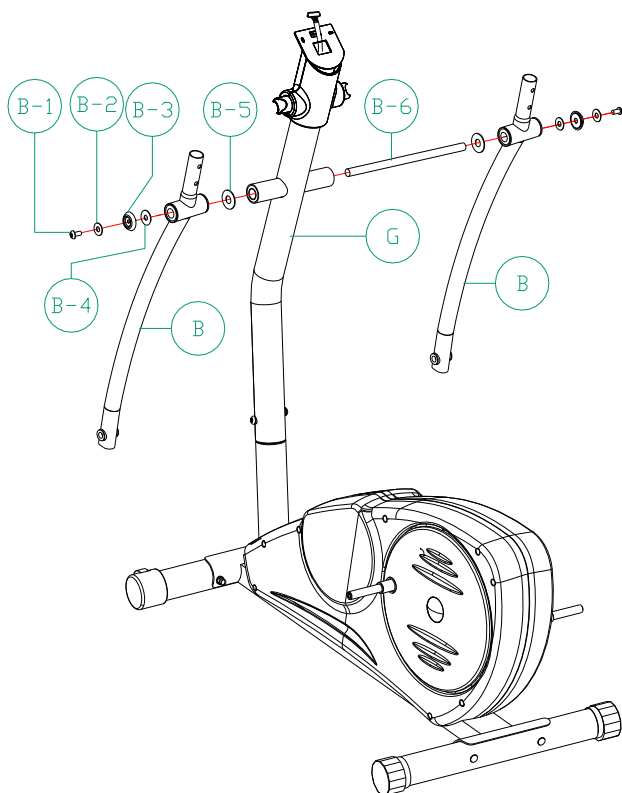
TRIN 2

1: Træk spændingskontrollen (62) ud af styrepinden, og sørg for, at spændingsknappen er i den letteste position.

2: Tilslut spændingskontrollen (62-59) ved at skubbe hovedet ind i hakket på kablet, der kommer fra hovedstellet.

3: Tilslut sensorkablet (47-60).

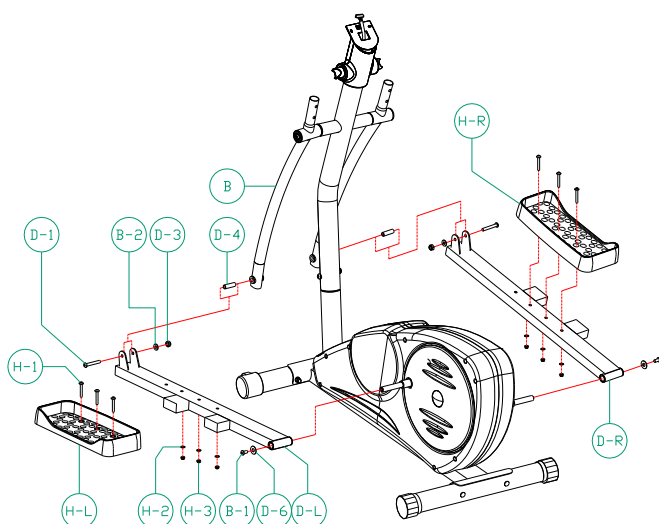
4: Sæt styrepinden i hovedstellet, og fastgør den med 4 skruer (58) og 4 halvrunde skiver.



TRIN 3

1: Indsæt rotationsaksen (57) i styrpinden, og monter det venstre bevægelige styr (6L), den flade skive (8), plastikskive (9), den flade skive (10) og skruen (11).

2: Saml det højre, nedenunder liggende, bevægelige styr på samme måde. Og spænd de to skruer (11) med to unbrakonøgler.



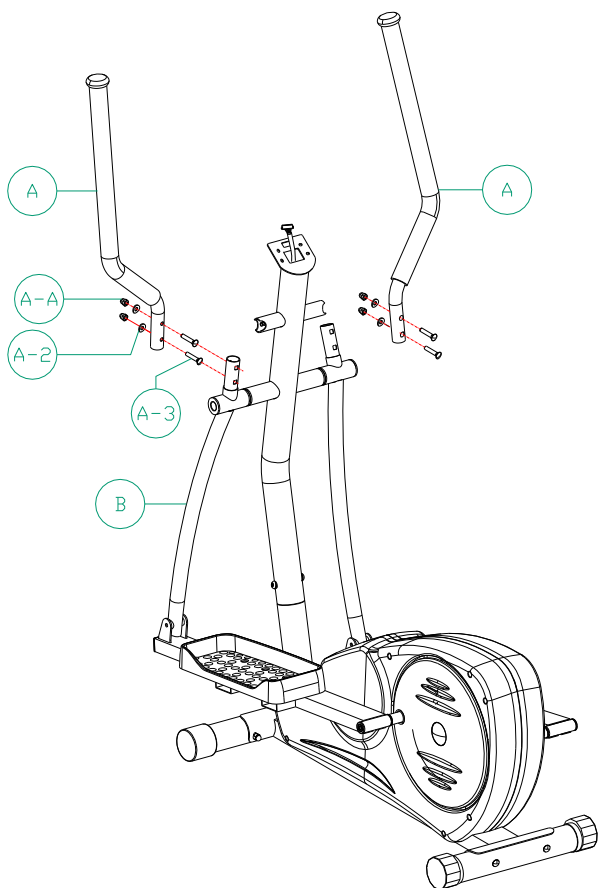
TRIN 4

1: Sæt venstre pedal på venstre fodplade, og spænd den med 3 flade skiver (19), 3 skruer (20) og 3 M6-bolte.

2: Fastgør derefter venstre fodplade med venstre rotationsskive ved hjælp af 1 flad skive (17) og 1 M8-bolt (11). Sørg for at samle den tæt.

3: Fastgør derefter venstre fodplade med det venstre bevægelige styr (nedenfor) ved hjælp af 1 STÅLAFSTANDSHOLDER (14), 1 BOLT (16), 1 FLAD SKIVE (20) og 1 nylonskrue.

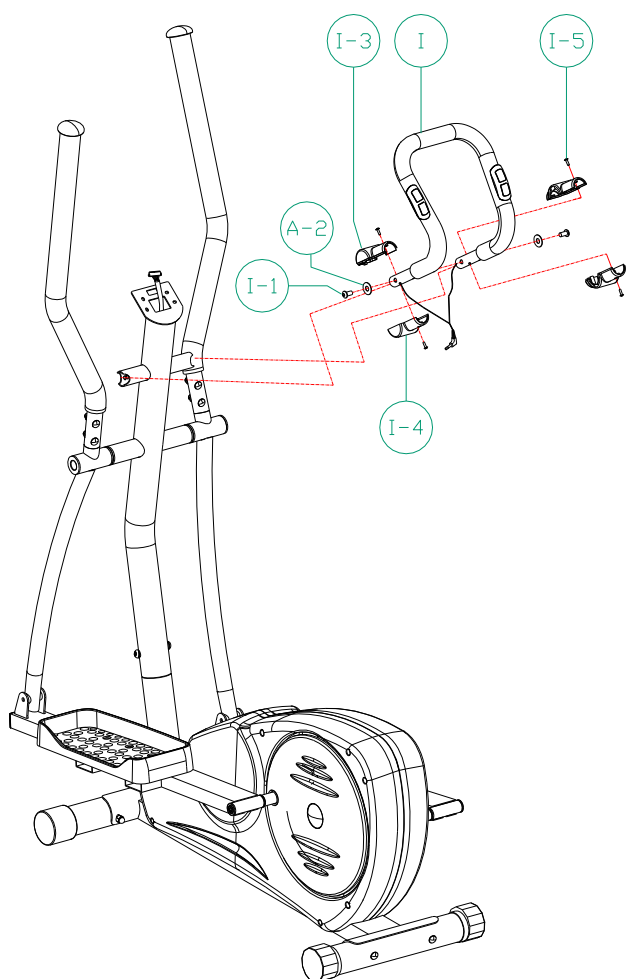
4: Saml højre fodplade på samme måde.



TRIN 5

1: Fastgør den øvre del af det venstre bevægelige styr med den nedre del af det venstre bevægelige styr ved hjælp af 2 bræddebolte (5), 2 halvrunde skiver og 2 bræddemøtrikker.

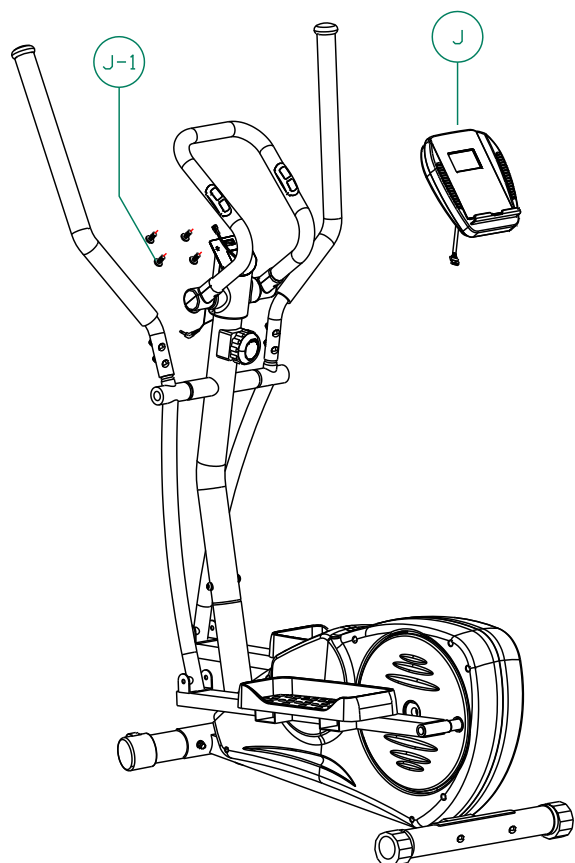
2: Og saml den øvre del af det højre bevægelige styr på samme måde.



TRIN 6

1: Saml det øverste styr på håndtaget med 2 halvrunde skiver og 2 M8-bolte, og spænd dem.

2: Placer derefter det øverste styrdæksel (for og bag) i den korrekte position, og spænd det derefter med 4 skruer (55).



TRIN 7

1: Tilslut håndpulsledningen og sensorledningen, placer derefter computeren på computerbeslaget og fastgør den med 4 skruer.

*** VIGTIG SIKKERHEDSINFORMATION ***

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

1. HOLD CROSSTRAINEREN UTILGÆNGELIG FOR BØRN. LAD IKKE BØRN VÆRE I NÆRHEDEN, NÅR DU BRUGER MASKINEN.
2. BRUG IKKE MED LØST TØJ, LØSE BUKSER ELLER NEDERDELE.
3. BRUG ALTID GUMMISKO ELLER TENNISKO, NÅR DU KØRER.
4. PLACER CROSSTRAINEREN PÅ EN GLAT, HÅRD OVERFLADE.
5. BRUGERENS MAKSIMAL VÆGT ER 100 KG.
6. ANVENDELSESOMRÅDET ER TIL HJEMMEBRUG.
7. FØR HVER BRUG SKAL DU SIKRE, AT ALLE BEFESTIGNINGER PÅ ENHEDEN ER ORDENTLIGT FASTSPÆNDT. HVIS DE ER DEFECT, SKAL DU HOLDE UDSKYRET UTILGÆNGELIGT FOR BRUG INDIL REPARATION.
8. UDSKYRETS SIKKERHEDSNIVEAU KAN KUN OPRETHOLDES, HVIS DET UNDERSØGES GRUNDIGT FOR SKADER OG SLITAGE.
9. DENNE CROSSTRAINER ER IKKE EGNET TIL TERAPEUTISK BRUG.

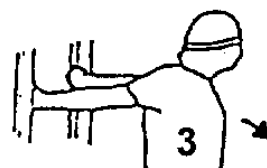
OPVARMNINGSØVELSER



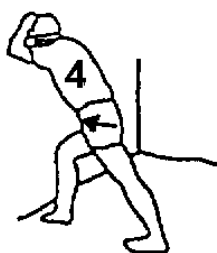
15 seconds for each



20 seconds



20 seconds



25 seconds



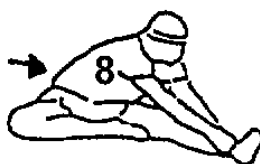
20 seconds



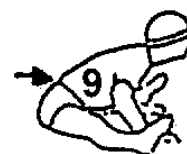
20 seconds



30 seconds



25 seconds for each leg



30 seconds



20 seconds



5 seconds x 3 times



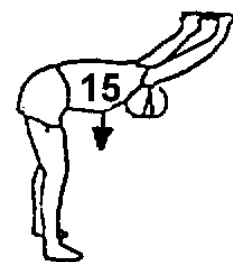
20 seconds



20 seconds for each leg



5 times



15 seconds

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