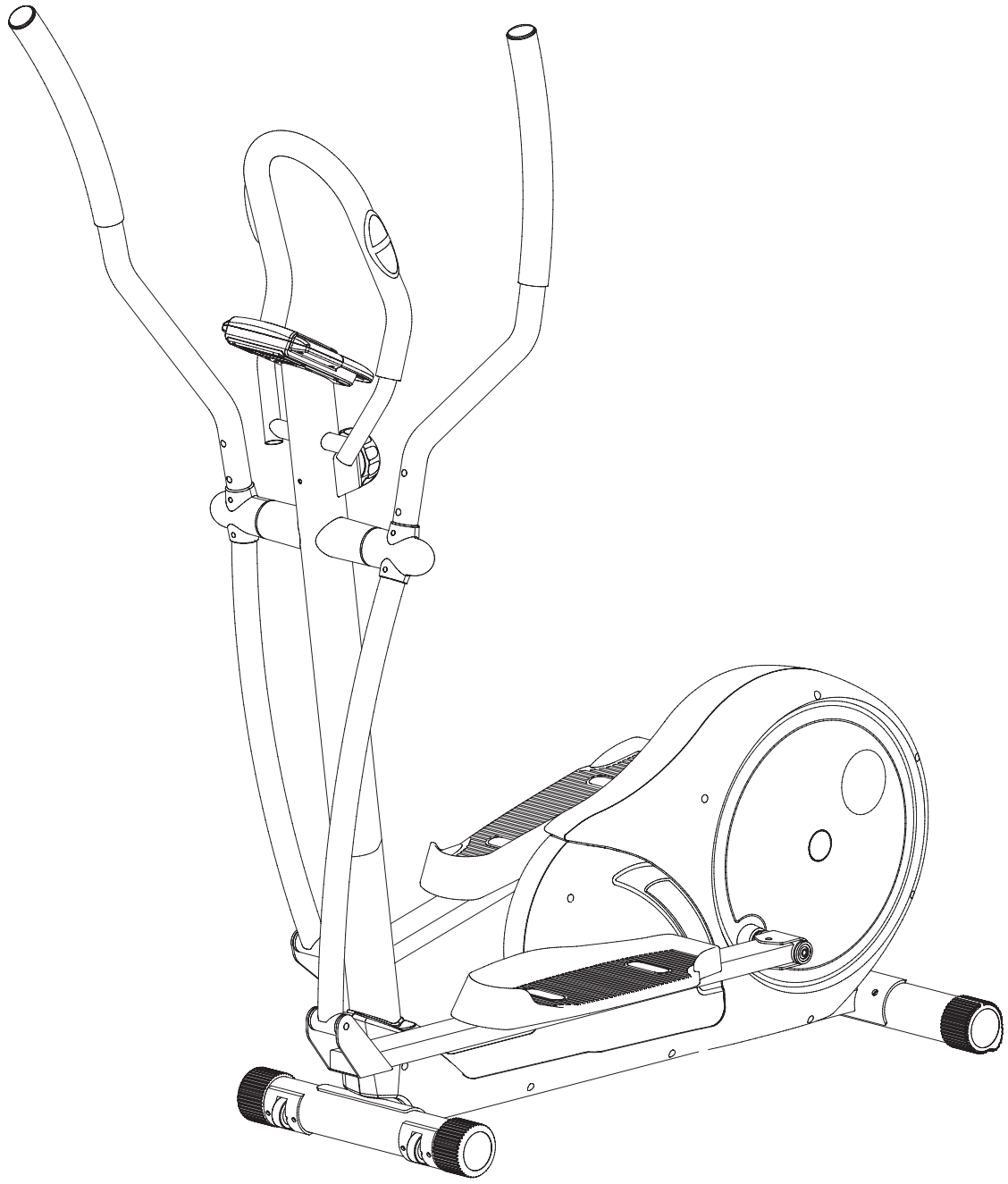
Abilica Exelip1.1

Art. 760 011



Parts List

L Axle

G Monitor

C Front stabilizer

D Central tube

B Rear stabilizer

A Main frame

E Front handlebar

F Side handlebar

J Pedal support plate

K Swing tube joint cover

(K1) Screw M3x15mm

(K2)

(K3)

(K4)

(K5)

H Pedal

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

(M9) Bolts M6x50mm

(M10) Spacer 3T

(M11) Flat washers M6

(M12) Spring washers M6

(M13) Knob M6

(M14) Arc washer M8

(M15) Bolt M5x10mm

Tools

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 1

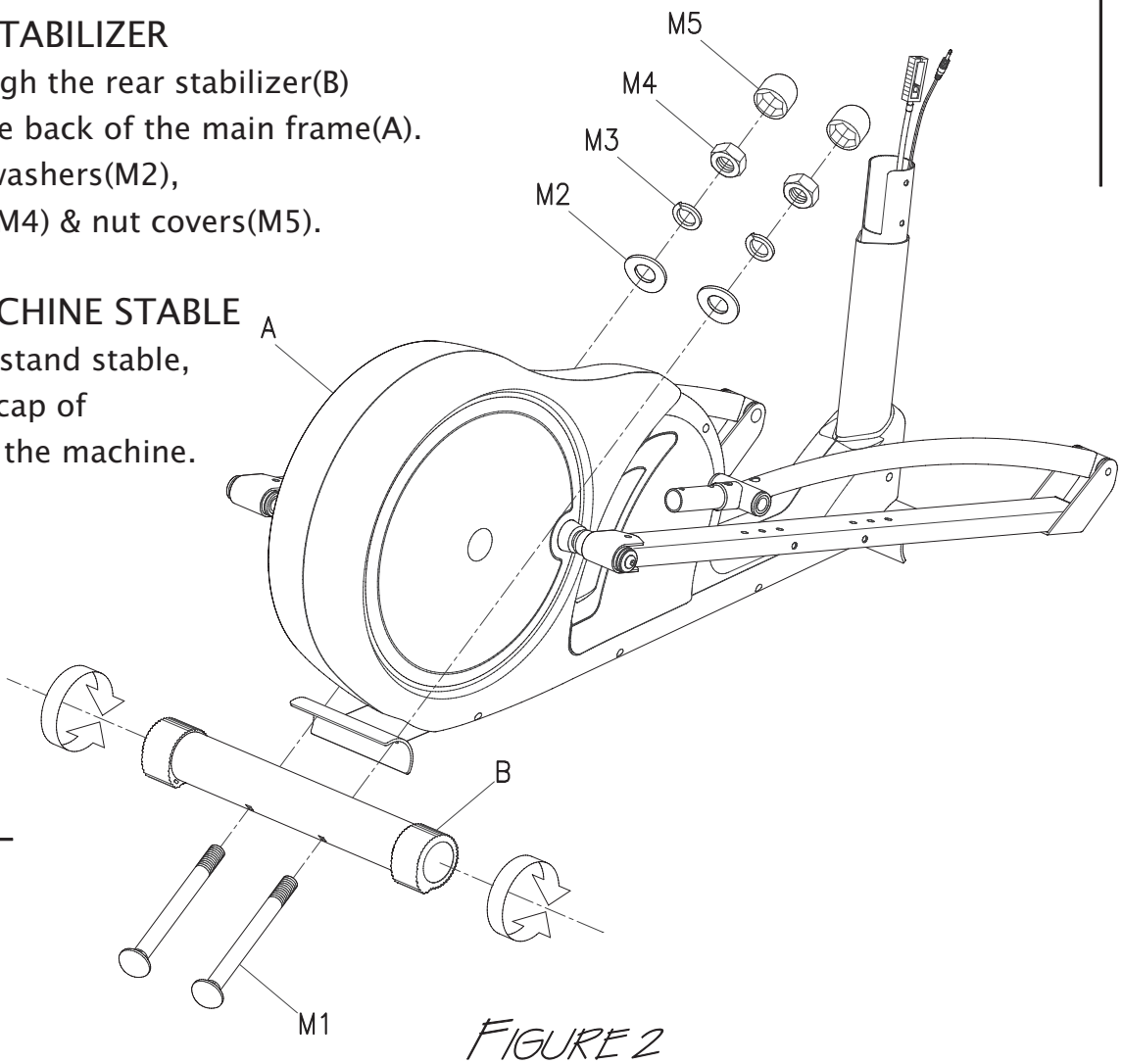


FIGURE 2

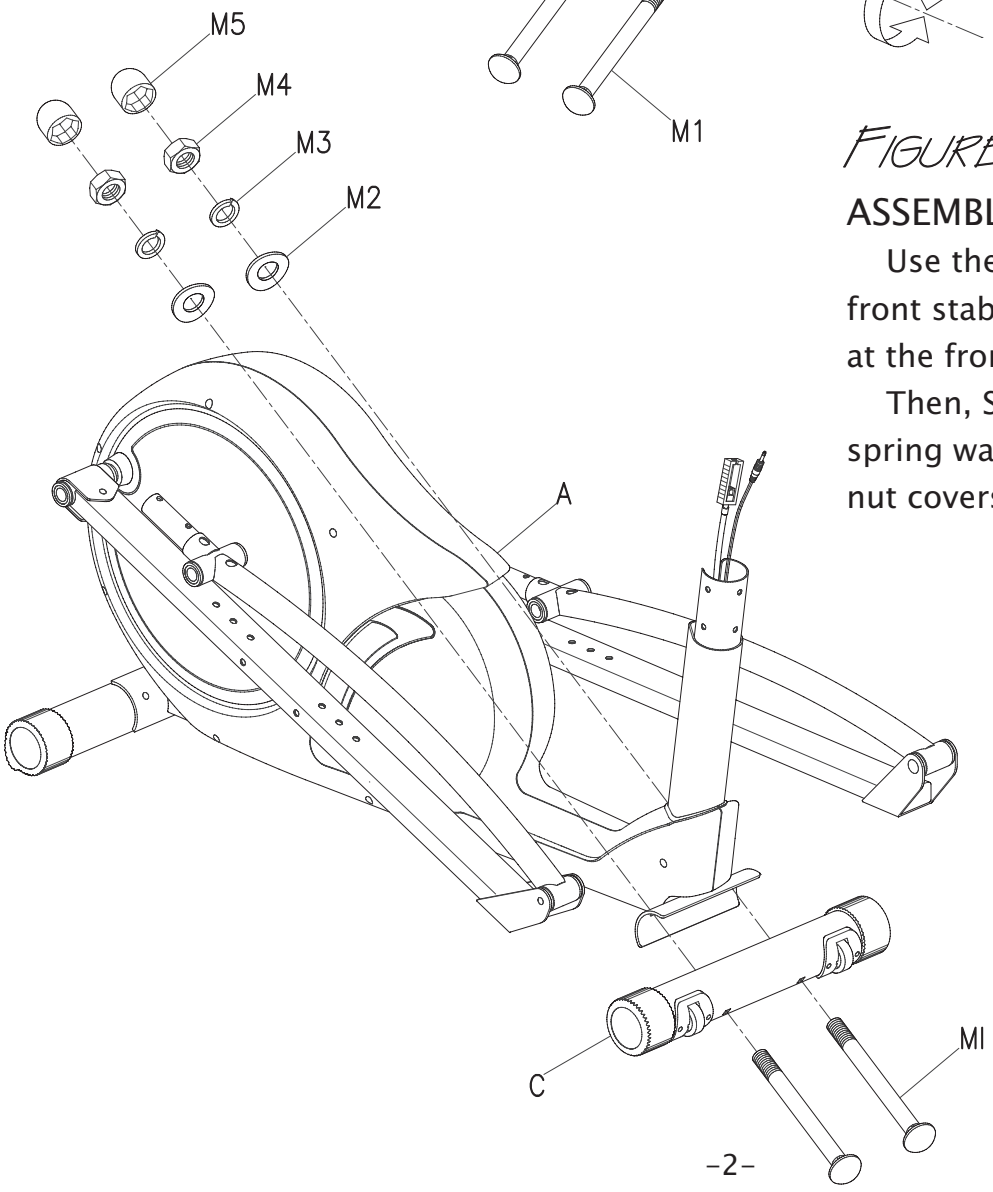


FIGURE 2

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).

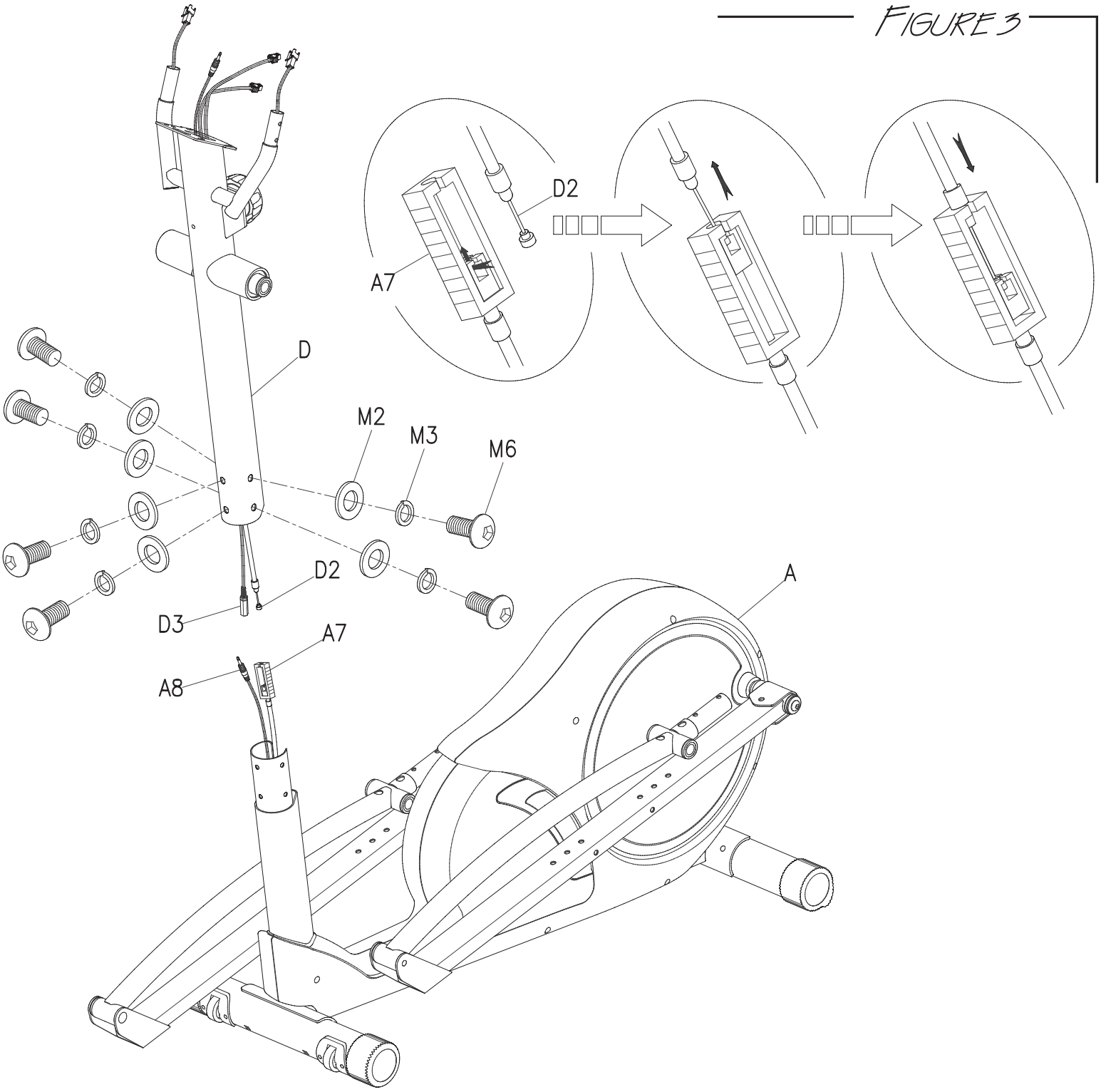


FIGURE 3

ASSEMBLY FOR CENTRAL SUPPORT TUBE

STEP1. Equip the cable of tension control(D2) in the slot of tension cable plastic bracket(A7). Then, Fit togetehr the large and small brass barrels and tighten by turing with your fingers.

STEP2. Connect the sensor wire(D3) with the sensor wire(A8).

STEP3. Assembly the central support tube(D) with the main frame(A) by flat washers(M2), spring washers(M3) & bolts(M6).

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

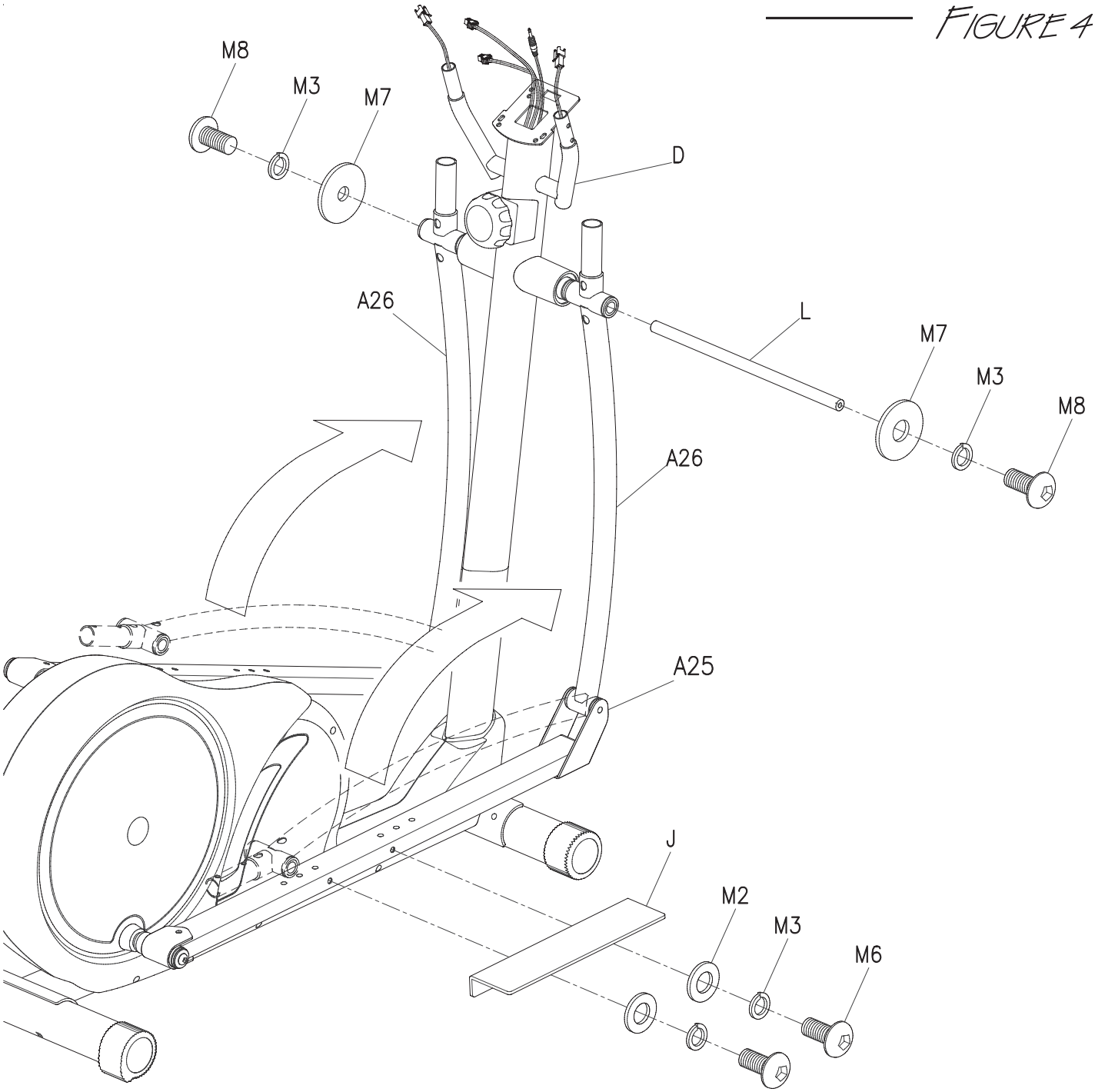


FIGURE 4

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 the swing tubes and central support tube by washers(M7), spring washers(M3) & bolts(M8) from each side.

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 5

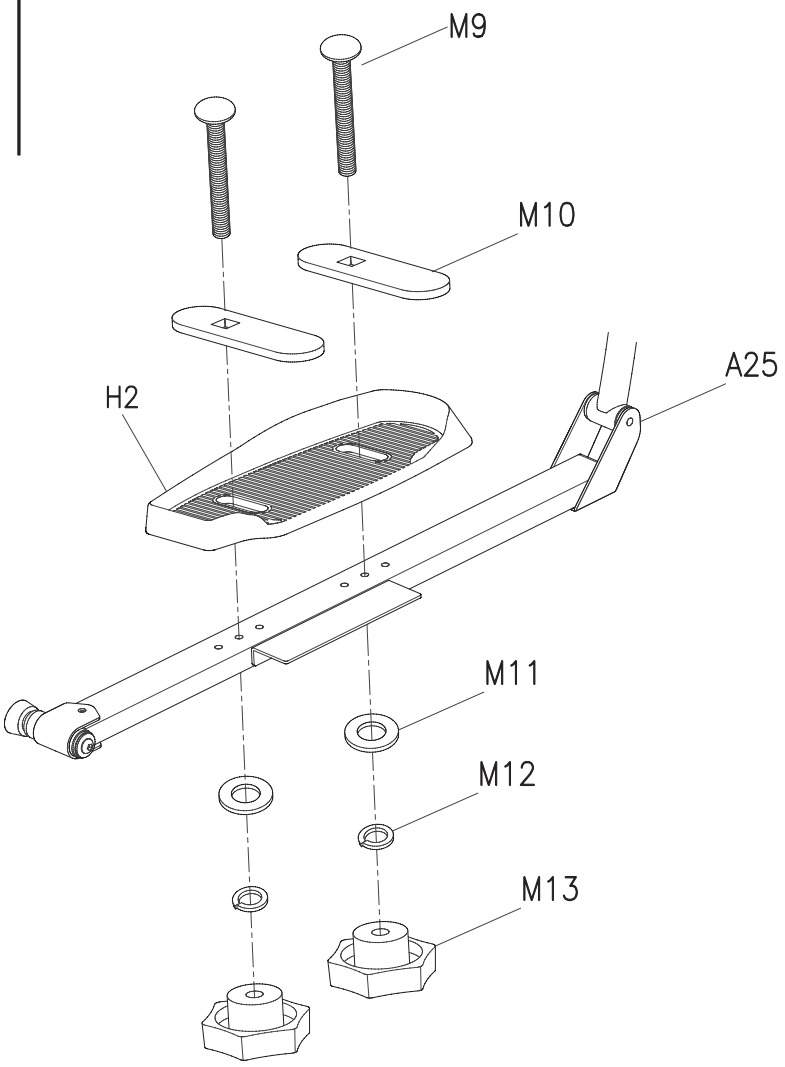


FIGURE 5

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 6

ASSEMBLY THE SWING TUBE JOINT COVER

Assembly the swing tube joint covers(K2 & K3) with the swing tube and secure it by screws(K6).

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

FIGURE 6

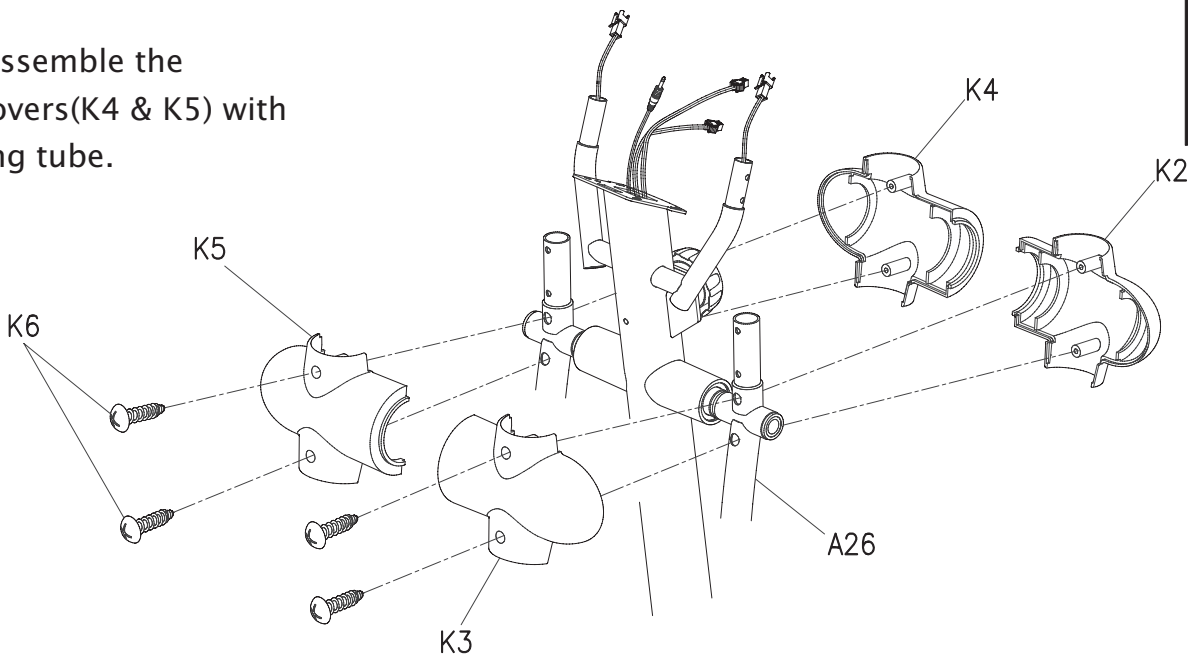


FIGURE 7

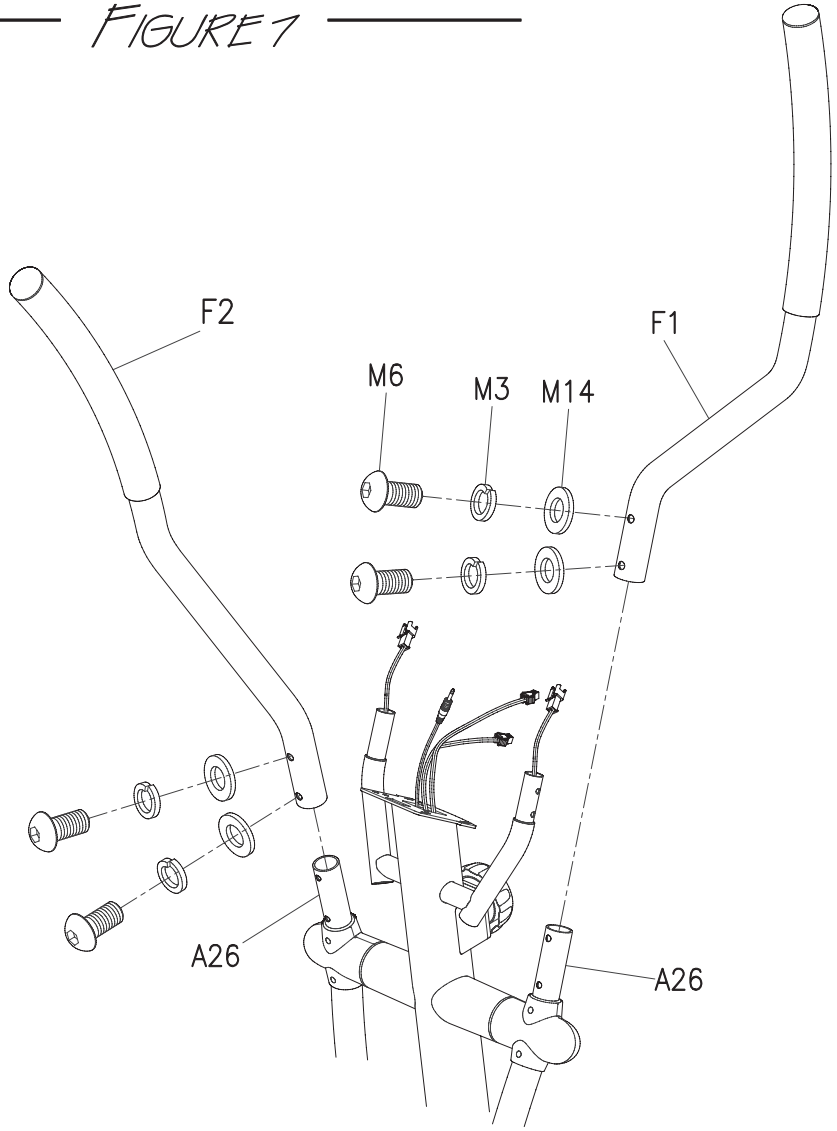


FIGURE 7

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 8

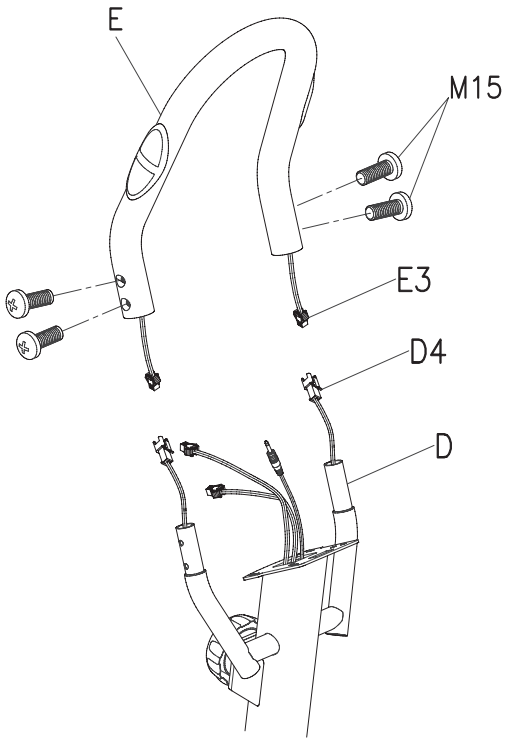


FIGURE 8

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 9

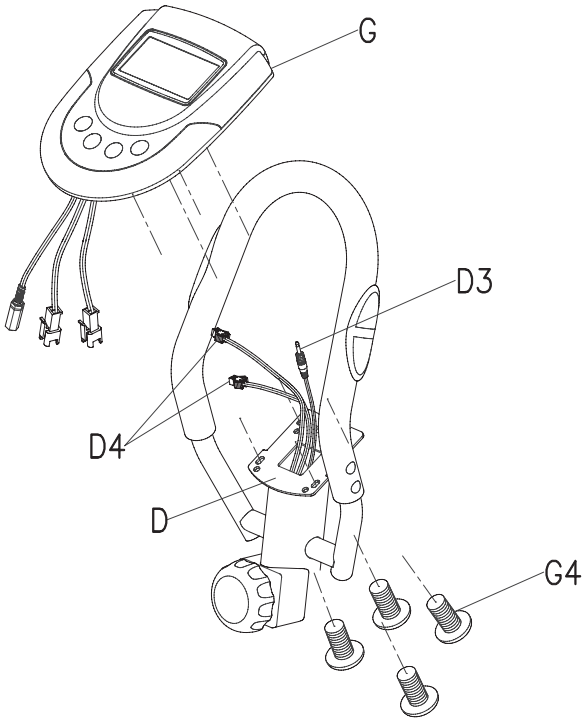


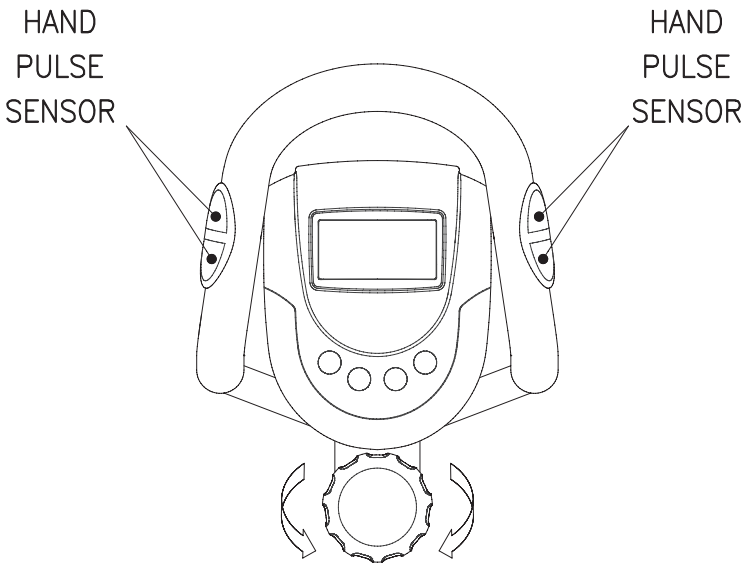
FIGURE 9

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).

FRONT VIEW



HOW TO REMOVE BATTERY:

1. Pull off the battery cover and place two of SIZE-AA or UM-3 batteries into battery housing on back of monitor, please refer to below illustrations.
2. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 seconds before reinstalling.
6. Removing the batteries will erase computer memory.

KEY GUIDE

PULSE RECOVERY: Press this button going into pulse recovery detecting.

ENTER:

1. Press this button to enter setting mode.
   Normal→Time→DIST→CAL→T.H.R
2. Press this button to confirm the setting values
3. Hold 3 seconds to reset all of the values to zero.

UP: Increase the setting value of the following functions.
Time→DIST→CAL→T.H.R

DOWN: Decrease the setting value of the following functions.
Time→DIST→CAL→T.H.R

RESET: Press this button reset all of the values to zero

FUNCTIONS AND OPERATIONS

· AUTO ON/OFF

The monitor will wake up automatically if the exercise machine is in motion. If stop exercising for over 4 minutes, monitor will turn off and reset all function values to zero.

TIME:

Press the ENTER button to TIME function and press the UP or DOWN button to enter the value you want.

Count up: Without setting the time value, the monitor will count up the time from 00:00~99:59.

Count down: Setting the exercise time from 1:00~99:00 minutes, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

SPEED:

Displays your workout speed in M/KM per hour .The monitor will display the current speed from 0.00 ~ 99.9 Km or Mile per hour.

RPM:

Displays your workout RPM. The monitor will display the current RPM from 15 ~ 999

DISTANCE:

Press the button of ENTER to DIS function and press the UP or DOWN button to enter the value you want.

Count up: Without setting the distance value, the monitor will count up the distance from 0.1~999.9 Km or Mile

Count down: Setting the exercise time from 1.0~999 Km or Mile, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

CALORIE:

Press the button of ENTER to CAL function and press the UP or DOWN button to enter the value you want.

Count up: Without setting the distance value, the monitor will count up the distance from 0.1~999.0.

Count down: Setting the exercise calorie from 1.0~999, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

PULSE (Target Heart Rate):

Press the ENTER button to T.H.R function and press the UP or DOWN button to enter the value you want

Pulse Limit: Setting the value of pulse limit between 60 to 220, the monitor will measure your heartbeats. Once reach setting value, monitor will flash until your heartbeats under your setting value. Place the palms of your hands on the both of the contact pads and the monitor will show up your heartbeat rate in beat per minute (BPM) on the LCD display.

NOTE:

If no pulse signal input within 16 seconds, the display will indicate “P”. It is a power saving device. Customer can press key to restart Pulse function.

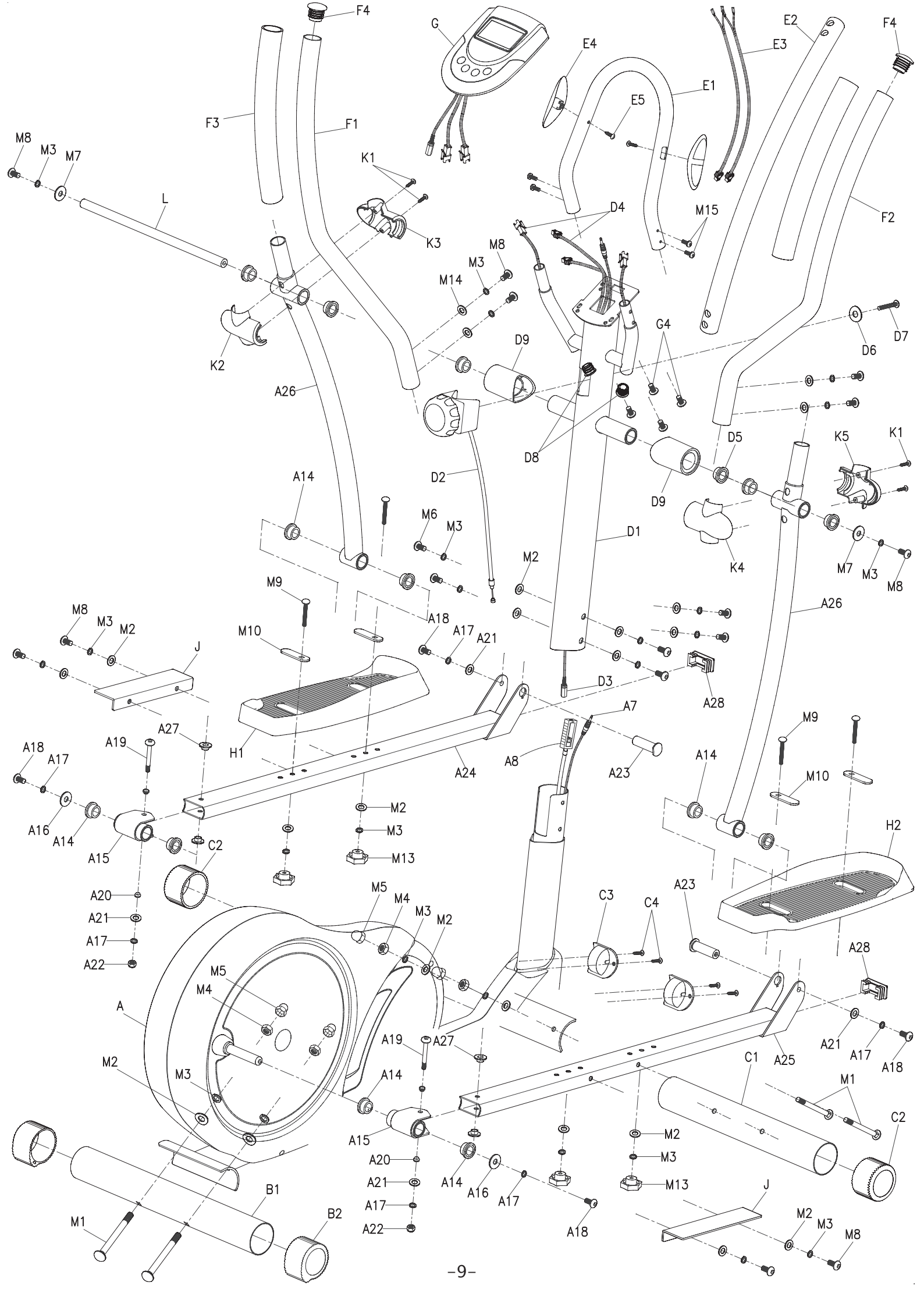
PULSE RECOVERY:

When you stop to exercise and desire to test your pulse recovery. Press this button to precede your pulse recovery and place the palms of your hands on the both of contact pads for one minute. The monitor will show your pulse recovery ratio on LCD. It is a function to check the condition of pulse recovery that is scaled from 1.0 to 6.0 while 1.0 means the best and 6.0 means the worst and the increment is 0.1.

CAUTION:

Operating temperature: 0℃ - +50℃.

Storage temperature: -10℃ - +60℃.


F4
G
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E3
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E1
E5
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F1
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M3
M7
K1
L
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D4
M15
F2
M8
M3
M14
K2
G4
D9
D6
D7
A26
D8
D5
K5
K1
A14
D2
D9
K4
M6
M3
D1
M7
M3
M8
M2
M9
A26
M8
M3
M2
M10
A18
A17
A21
J
D3
A28
A7
A27
A19
H1
A8
A23
A24
M9
A18
A17
A14
M10
A16
A14
A15
C2
H2
M2
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A20
A21
A17
A22
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A25
C1
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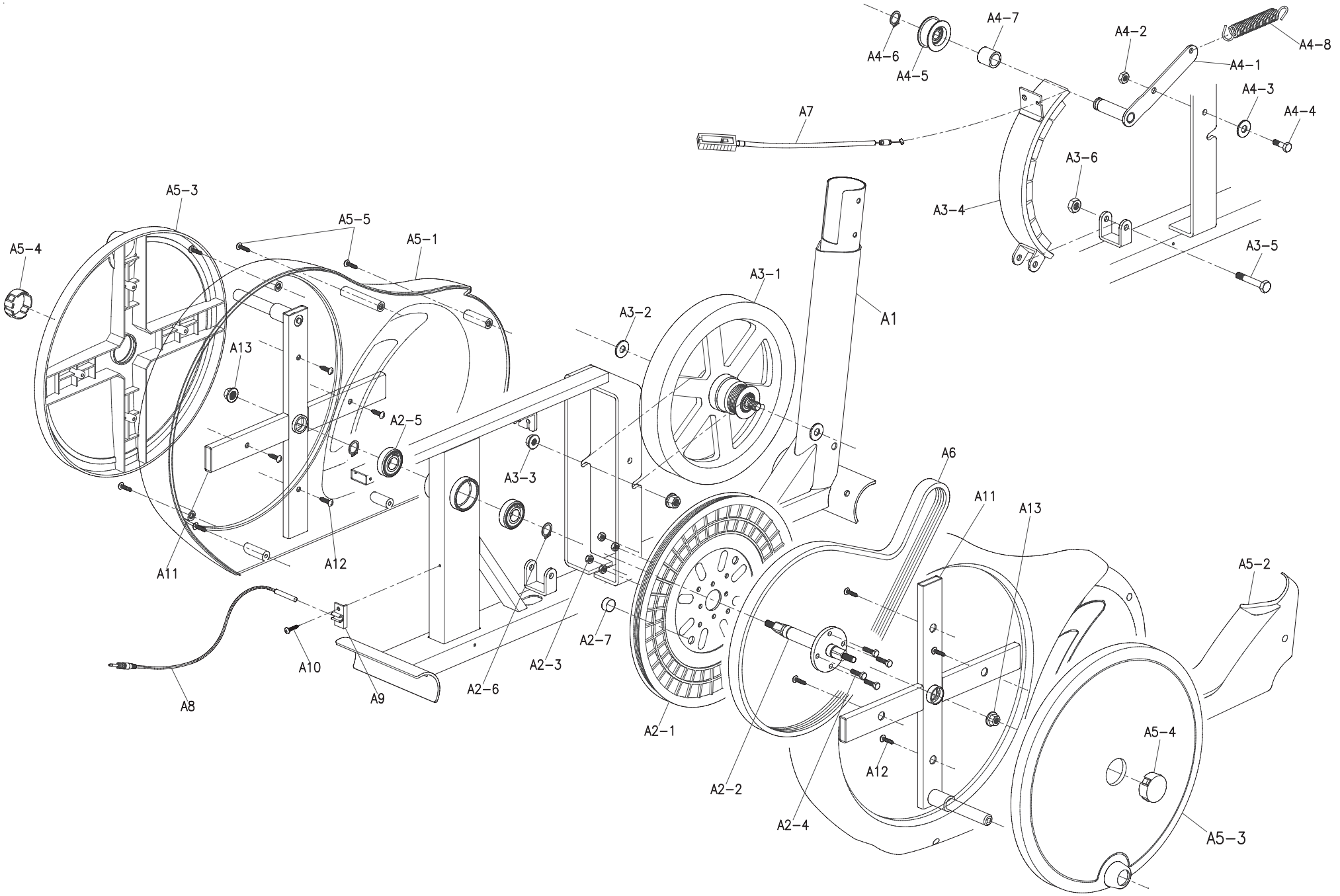
A4-6
A4-5
A4-7
A4-2
A4-8
A4-1
A4-3
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A3-6
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A5-3
A5-5
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A2-7
A2-1
A2-2
A2-4
A12
A5-4
A5-3

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	Sensor wire	1
A9	Sensor clip	1
A10	Screw M5x10mm	1
A11	Cross frame	2
A12	Screw	8
A13	Bolt	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	4
A22	Nut	2
A23	Pedal tube shaft	2
A24	Pedal tube-L	1
A25	Pedal tube-R	1
A26	Swing tube	2
A27	Bushing	4
A28	Pedal tube end cap	2

No.	Description	Q'ty
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	Tension knob	1
D3	Sensor wire	1
D4	Sensor wire	2
D5	Bushing	2
D6	Arc washer	1
D7	Bolt	1
D8	End cap	2
D9	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
G1	Monitor	1
G2	Battery	2
G3	Battery cover	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	14
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	4
M15	Bolt M5x10mm	4