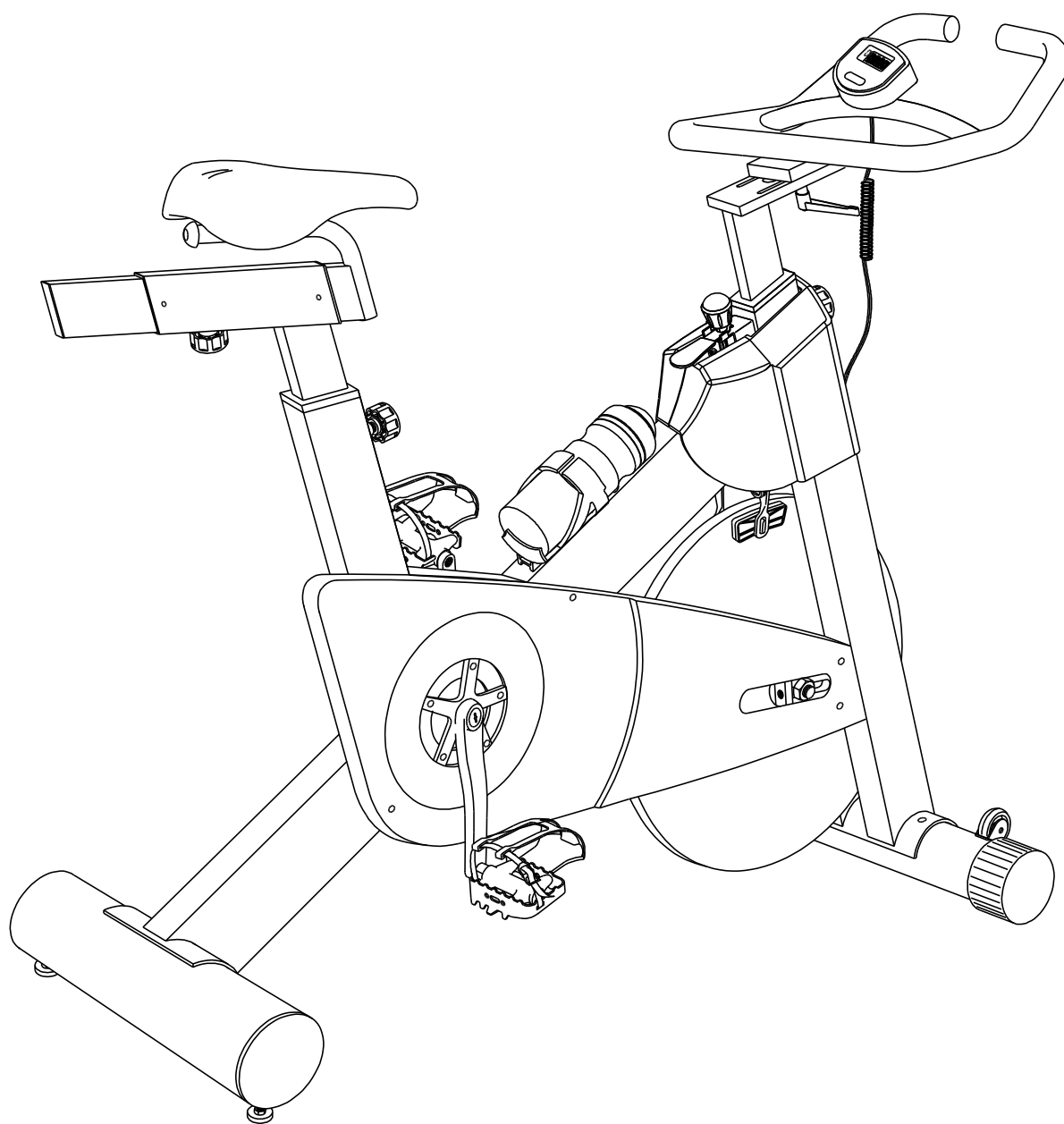




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Parts List

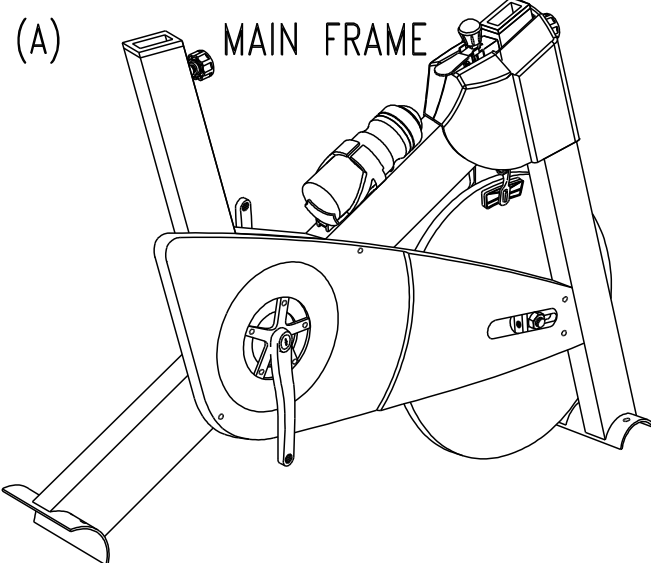
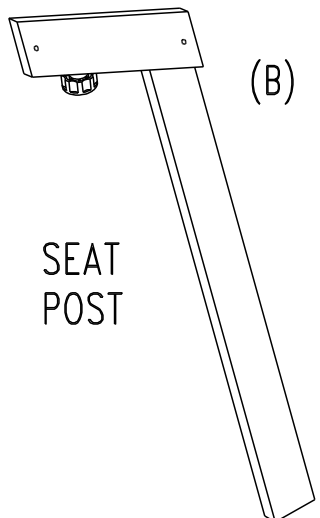
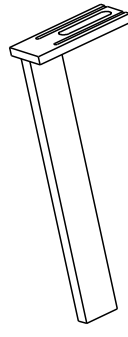
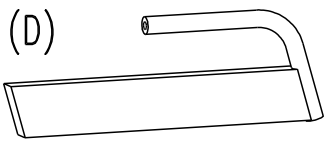


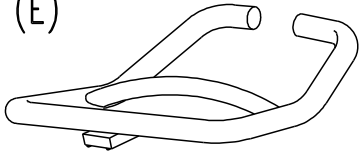


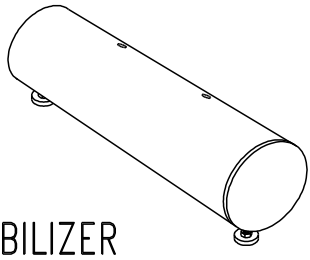
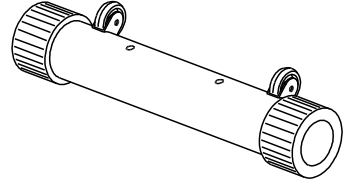
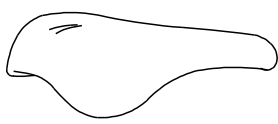
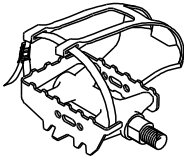
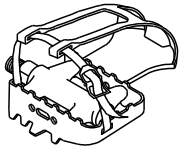

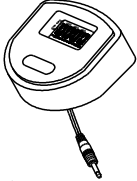



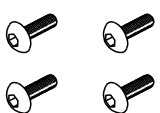
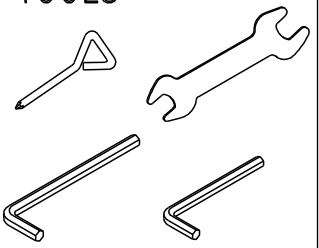
<p>(A) MAIN FRAME</p> 	<p>(B) SEAT POST</p>  <p>(C) HANDLE BAR POST</p> 
<p>(D) SEAT BAR</p>  <p>BOLT M8*10mm (D1)</p>  <p>FIX CAP (D2)</p> 	<p>(E) HANDLE BAR</p>  <p>(E1)</p>  <p>(E2) WASHER</p> 
<p>(F) FRONT STABILIZER</p> 	<p>(G) FRONT STABILIZER</p> 
<p>(H) SEAT</p> 	<p>(J2) PEDAL(L) (J1) PEDAL(R)</p>  
<p>(N1) COMPUTER HOUSING</p>  <p>(N2) SCREW</p>  <p>(N3) SCREW</p>  <p>(N4) NUT</p>  <p>(N5) RUBBER SPACER</p> 	<p>(K) SCREW M8*16mm</p>  <p>TOOLS</p> 

FIGURE 1

ATTACH THE FRONT & REAR STABILIZERS

Step 1. Fix the Front & Rear Stabilizers(F,G) to the main frame(A) and secure using a screw(K1).

Step 2. Fix the Right Pedal(screw clockwise) and Left Pedal (screw counter-clockwise) to the crank.

* Inspect the pedal & crank bolts and nuts before each use to insure that the connection is tight to avoid any safety hazards.

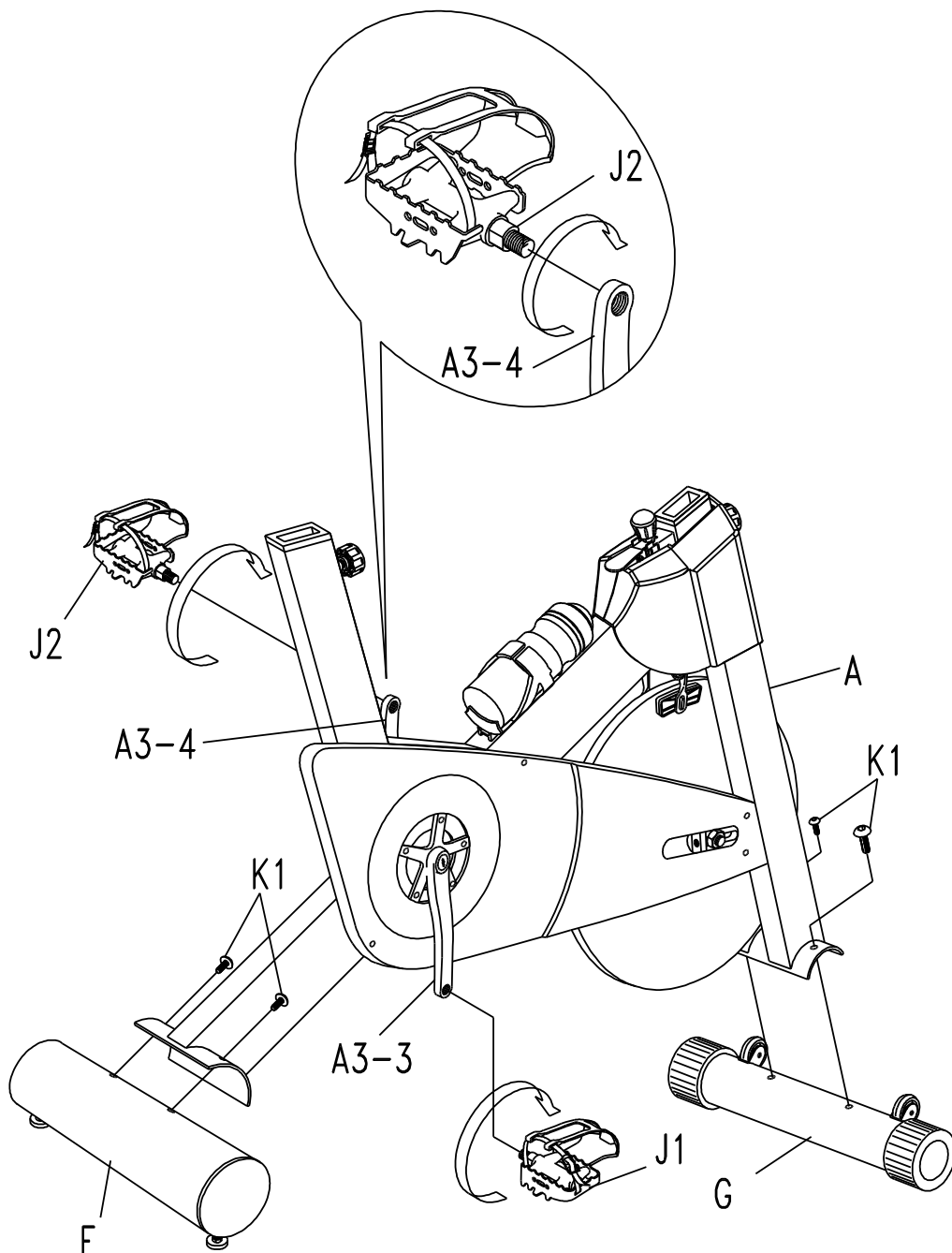


FIGURE 2

ATTACH THE HANDLEBAR & HANDLEBAR POST

Step 1. Loosen adjustable knob(A20) and pull. Attach the handlebar post(C) to the main frame(A) and tighten the adjustable knob(A20).

Step 2. Tighten handlebar(E) and handlebar post(C) by bolt(E1) & washer(E2). Loosen the handle(E1) before making the adjustment. Fix the position of the handle bar(E) by tighten handle (E2).

ATTACHED THE MAIN FRAME & SEAT POST

Step 1. Loosen Adjustable Knob(A20) and pull. Slide the seat post(B) into the main Frame, then tighten the adjustable knob to secure.

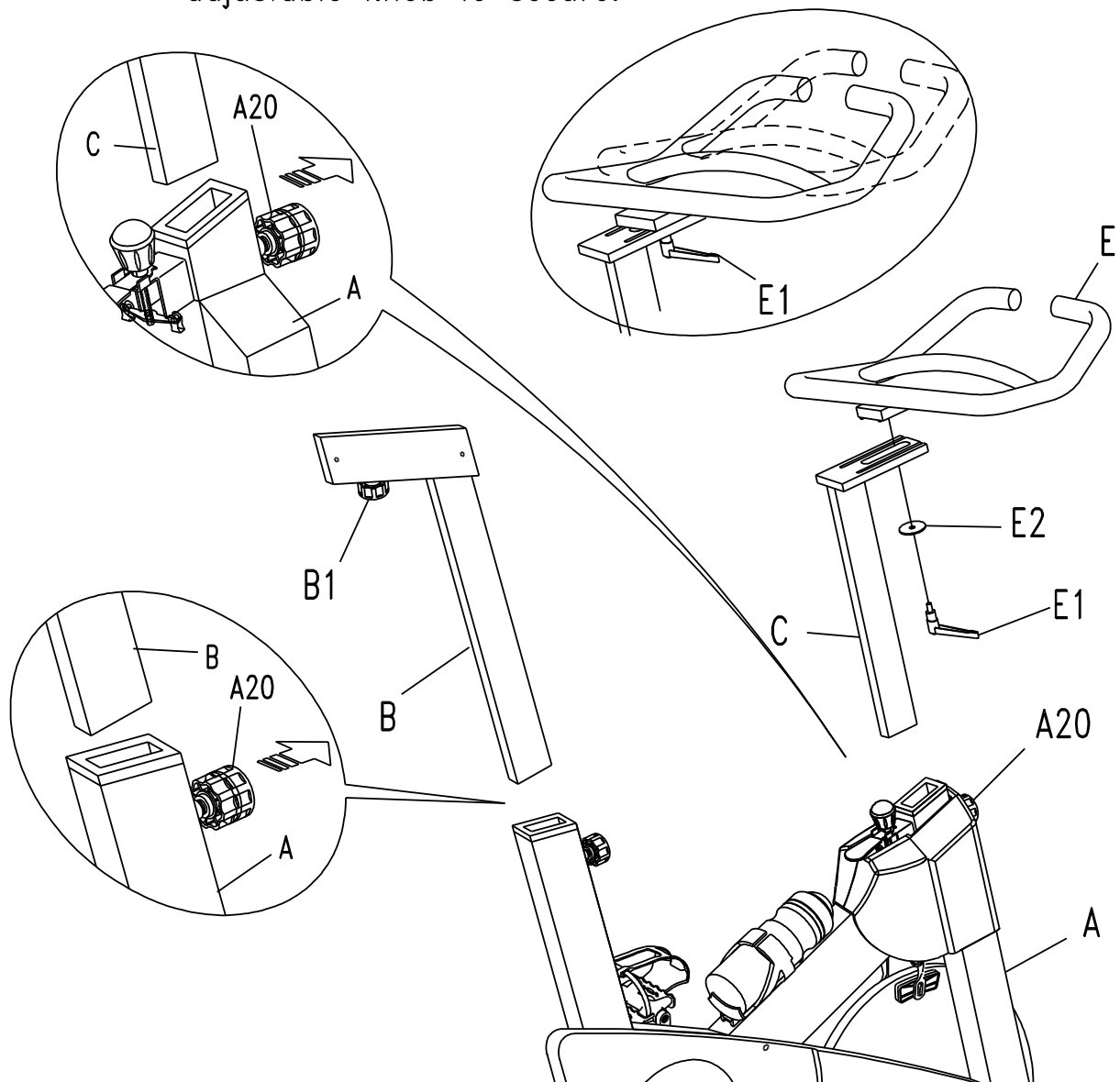


FIGURE 3

ATTACH THE SEAT AND THE SEAT BAR

Step 1. Loosen the Adjustable Knob(B1) and pull. Slide the Seat Bar(D) into the Seat Post(B) and tighten the adjustable knob to secure.

Step 2. Insert seat(H) onto seat bar(D), then tighten the collar with tool.

Step 3. Insert bolt(D1) into the fix cap(D2) and tighten into the seat tube.

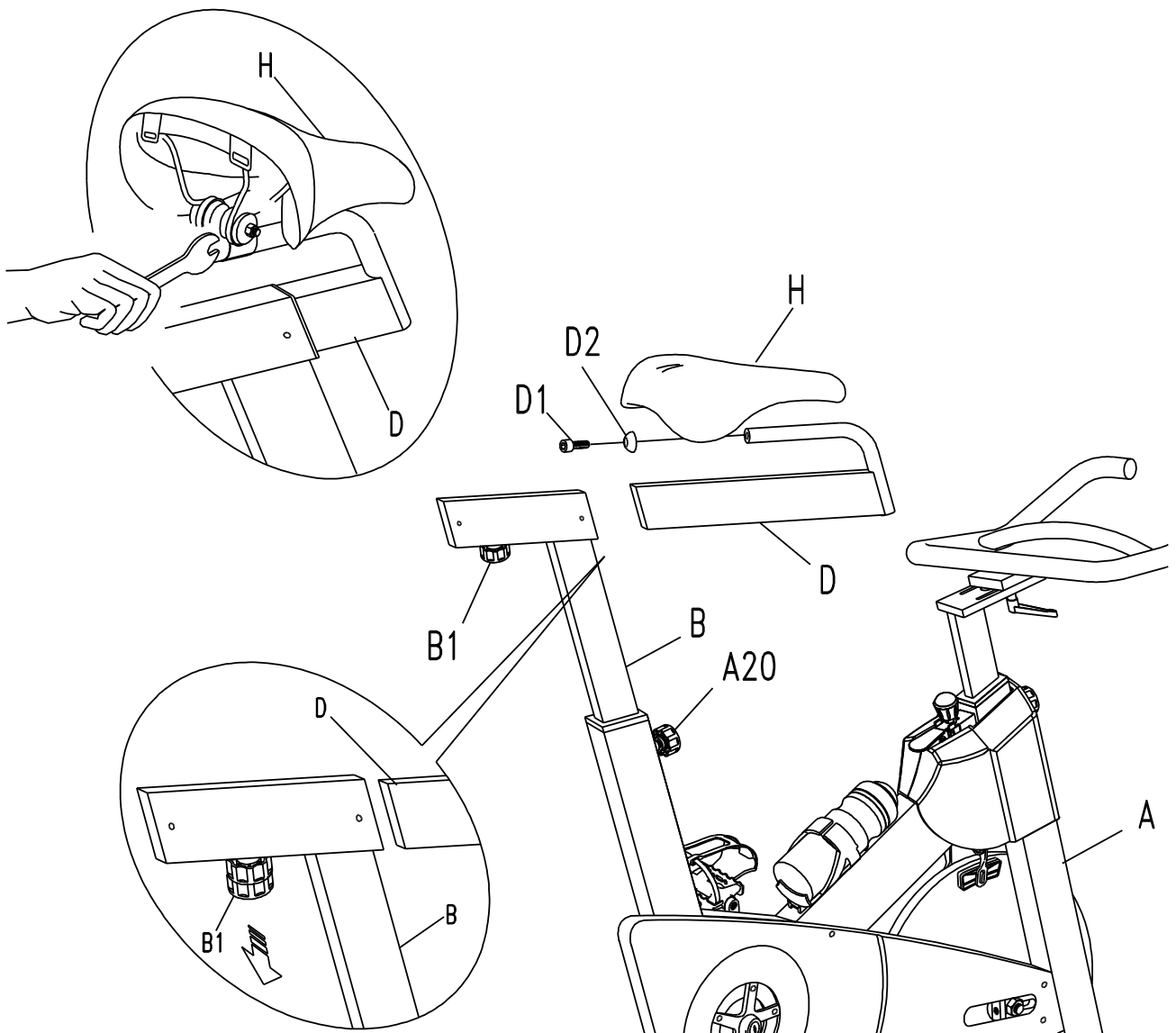
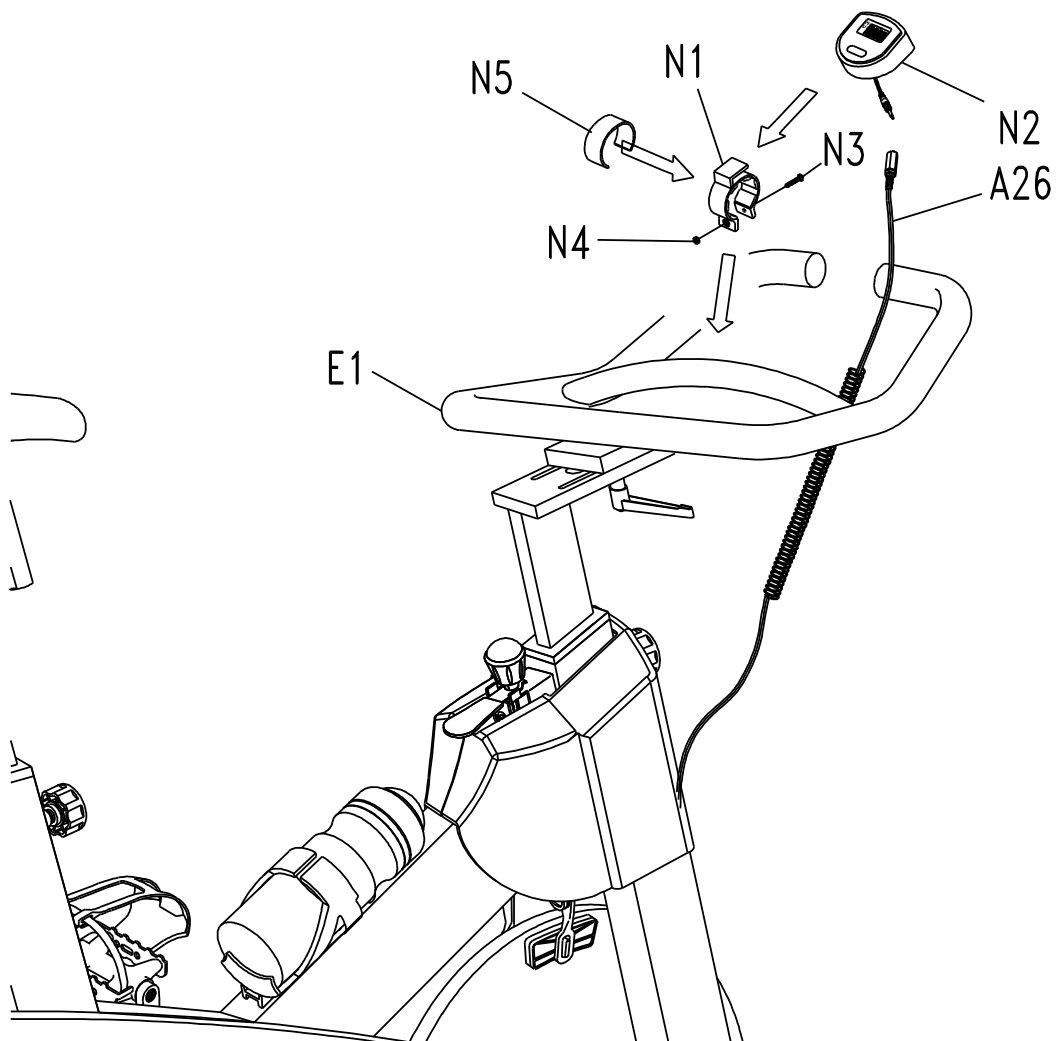
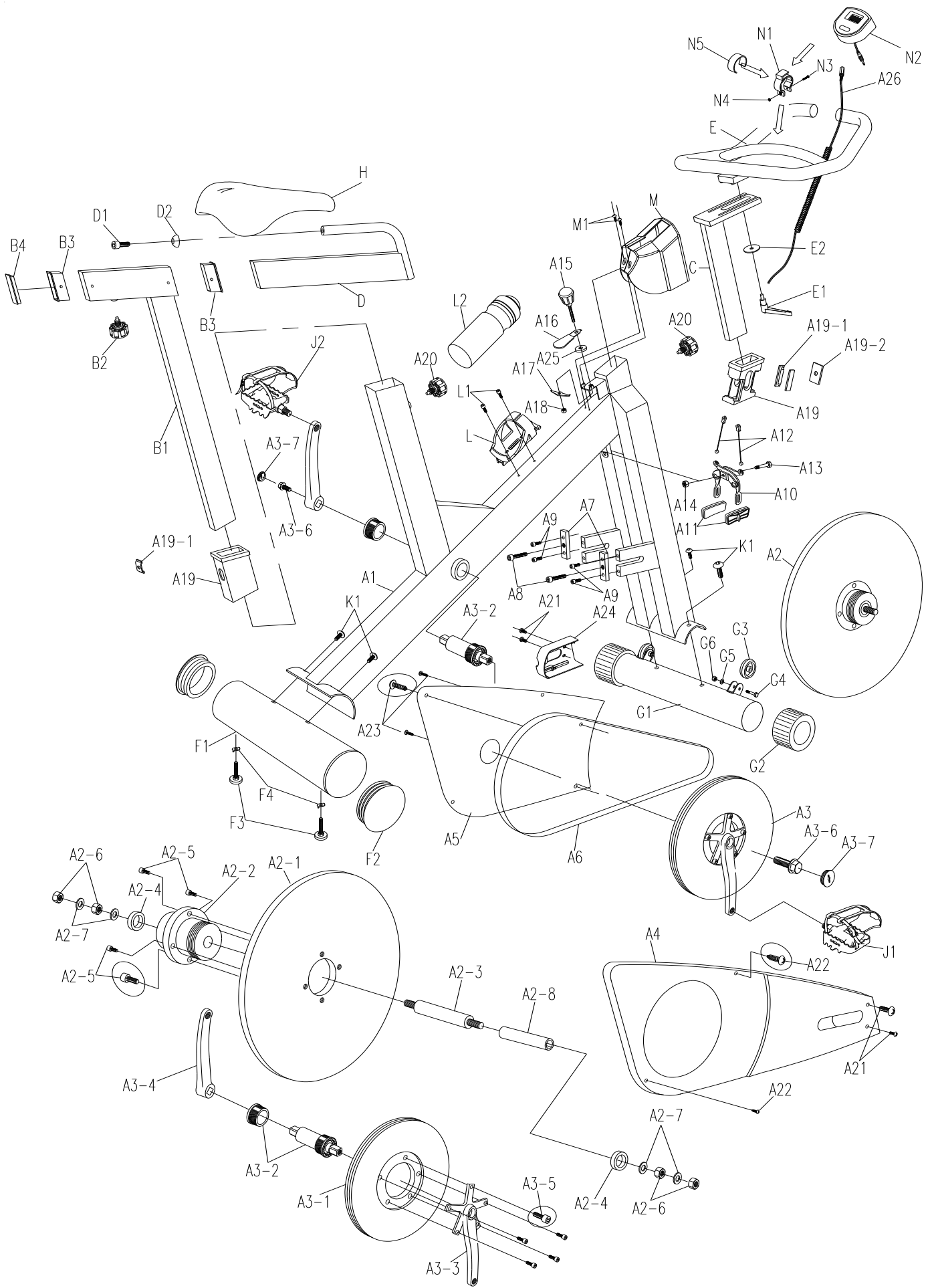


FIGURE 4

ATTACH THE MONITOR

- Step 1. Put the spacer(N5) under monitor clip(N1), then equip the clip onto handlebar(E1).
- Step 2. Use screw(N3) nut(N4) to fix the monitor clip(N1).
- Step 3. Connect the sensor wire(A26), then insert monitor(N2) into monitor clip(N1).





PARTS LIST

P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY
A1	MAIN FRAME	1	B	SEAT POST SET	
A2	FLYWHEEL SET		B1	SEAT POST	1
A2-1	FLYWHEEL	1	B2	KNOB M16X 15mm	1
A2-2	BELT WHEEL	1	B3	CAP 30 X 60 mm	2
A2-3	AXLE	1	B4	END CAP 30 X 60 mm	1
A2-4	BEARING 6004ZZ	2	C	HANDLEBAR POST	1
A2-5	BOLT M8X25mm	4	D	SEAT BAR	1
A2-6	NUT M10	4	D1	BOLT M8 X 10	1
A2-7	WASHER M10	4	D2	FIX CAP	1
A2-8	PIPE Ø25 XØ20.3 X71.5L	1	E	HANDLE BAR	
A3	BELT WHEEL SET		E1	HANDLE	1
A3-1	BELT WHEEL	1	E2	WASHER 3/8" X35 X2†	1
A3-2	B.B. PARTS	1	F	REAR STABILIZER SET	
A3-3	CRANK(R) 170mm	1	F1	REAR STABILIZER	1
A3-4	CRANK(L) 170mm	1	F2	END CAP DIA. 4mm	2
A3-5	BOLT M8X18mm	5	F3	ADJUST SCREW M8 X 25mm	2
A4	CHAIN COVER	1	F4	NUT	2
A5	CHAIN COVER	1	G1	FRONT STABILIZER	1
A6	BELT PL-590-L9	1	G2	END CAP DIA. 3mm	2
A7	ADJUST BRAKET	2	G3	TRANSPORTATION WHEEL	2
A8	BOLT M8X40	2	G4	BOLT M8 X 40mm	2
A9	BOLT M6X20	4	G5	WASHER M8	2
A10	CALIPER BRAKE	1	G6	NUT M8	2
A11	BRAKE PAD	2	H	SEAT	1
A12	CABLE 140mm	2	J1	PEDAL(R)	1
A13	BOLT M6X20	1	J2	PEDAL(L)	2
A14	NUT M6	1	K1	SCREW M8X16mm	4
A15	KNOB M8X50	1	L	BOTTLE HOLDER	1
A16	EMERGENCY BREAK	1	L1	BOLT M5 X 12mm	2
A17	CABLE HOOK	1	L2	WATER BOTTLE	1
A18	NUT M8	1	M	PROTECT SWEAT COVER	1
A19	END CAP 45X75MM	2	M1	SCREW M4 X 12mm	2
A19-1	SPACER	4	N1	COMPUTER HOUSING	1
A19-2	SPACER	2	N2	COMPUTER	1
A20	KNOB M16 X 25mm	2	N3	SCREW	1
A21	SCREW M6X15mm	4	N4	NUT	1
A22	TAPPING SCREW 3/16"X 3/4"L	2	N5	RUBBER SPACER	1
A23	TAPPING SCREW	3			
A24	CHAIN COVER	1			
A25	SPACER	1			



BRUKSANVISNING TIL COMPUTER
ABILICA PRO SPINN

Art. 555 100

FUNTIONAL BUTTONS:

MODE: PUSH MODE FOR SELECTING FUNCTIONS.

FUNCTIONS:

1. SCAN-MODE SWITCHES TO EACH FUNTION IN SEQUENCE EVERY 6 SECONDS.
2. TIMER-COUNTS TIME FROM ZERO UP TO 99:59 IN ONE SECOND INCREMENT.
3. SPEED-DISPLAYS CURRENT PEDALLING SPEED DUIRNG EXERCISE.
4. DISTANCE-COUNT-UP: ACCUMULATES THE TOTAL WORKABLE DISTANCE UP TO 99.99 OR MILE FROM ZERO IN 0.01 KM OR MILE INCREASEMENT.

NOTE:

1. PUSH "MODE" BUTTON OR START PEDALLING WILL TURN ON THE POWER.
2. WITHOUT ANY SIGNAL FOR 5 MINUTES. THE LCD WILL AUTOMATIC SHUT OFF. PUSH "MODE" BUTTON OR START EVERCISE WILL TURN ON THE LCD DISPLAY.
3. THE BUTTON RIGHT AREA OF THE LCD WILL SHOW EITHER WORK. M MEANS MILE SCALE. K MEANS KILOMETER SCALE (ONLY KM OR ONLY MILE IS AVAILABLE)
4. PRESS KEY TO TURN ON THE COMPUTER. ALL THE FUNCTIONS WILL BE SET TO 0.
5. BEGIN EXERCISING TO TURN ON THE COMPUTER. ALL THE FUNCTIONS WILL BE SET TO 0.
6. KEEP PRESSING THE "MODE" KEY FOR FOUR SECONDS. ALL THE FUNCTIONS WILL BE SET TO 0.
7. THE COMPUTER OPERATES WITH 2PCS 1.5V AA OR UM3 BATTERIES.



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