

everfit

INSTRUCTION



WELLYE



Fig.1

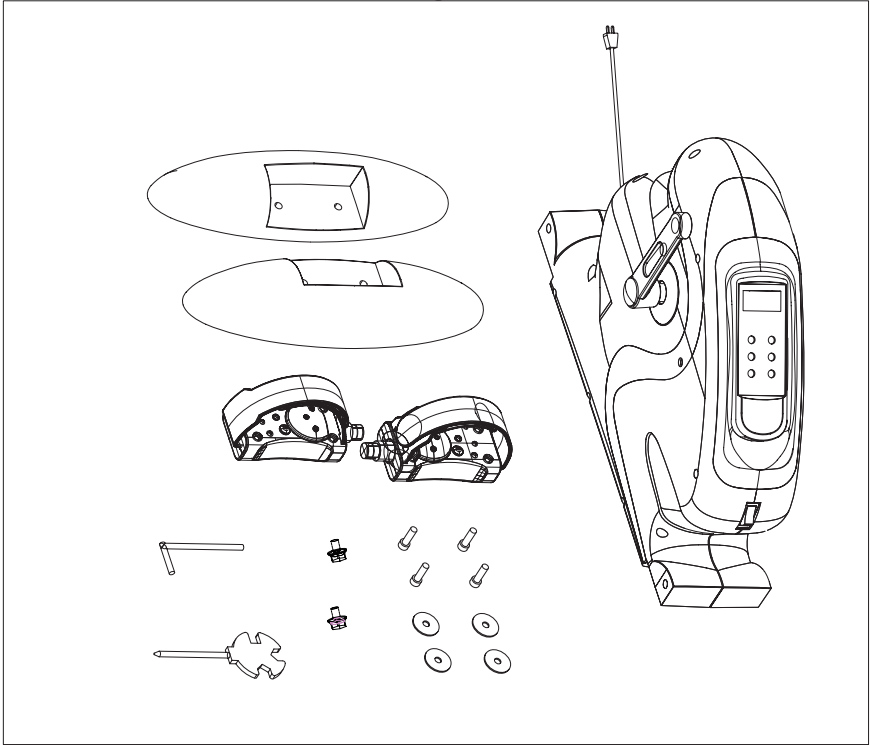


Fig.2

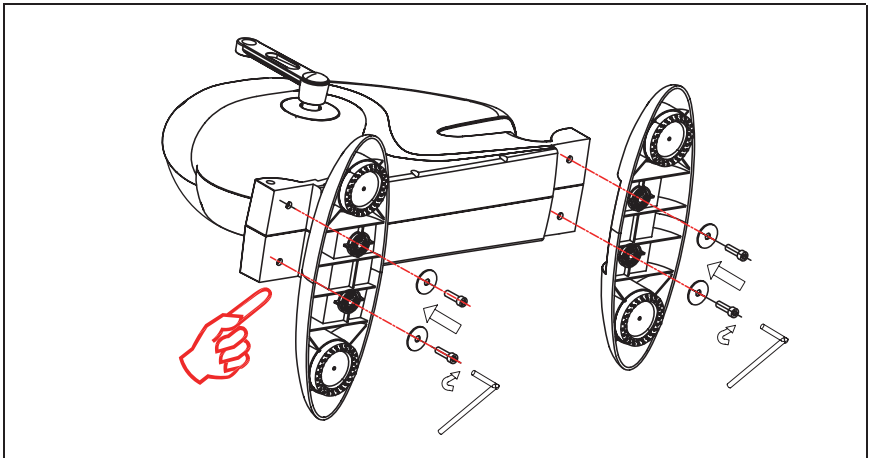


Fig.3

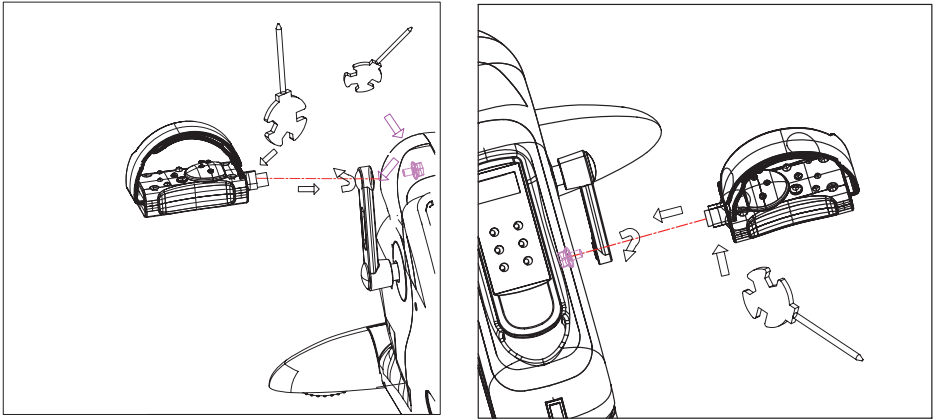


Fig.4

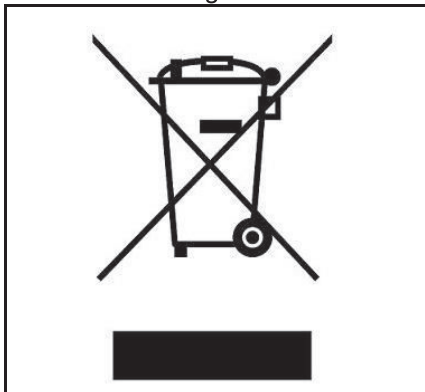
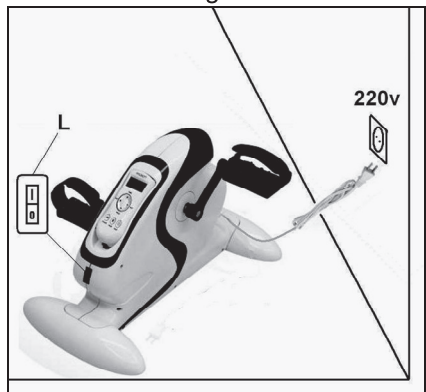


Fig.5



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:

(A) Main body; (C-L) Left pedal (C-R) Right pedal; (B) Stabiliser bar; (B1) Rear stabiliser bar; (D) Screw M-4x25; (E) Grower washer M-4; Pedal combination spanner.

1.- FITTING THE STABILISERS.-

Take the stabiliser (B) marked with the letter (A) and place it at the front of the unit marked with the letter (A), as shown in Fig.2, insert the M-4x25 screws (D).

Next, take the rear stabiliser (B1) marked with the letter (B), Fig.3, and go through 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.

Insert the right-hand pedal (C-R), marked with the letter (R), onto the right-hand crank, also marked with an (R).

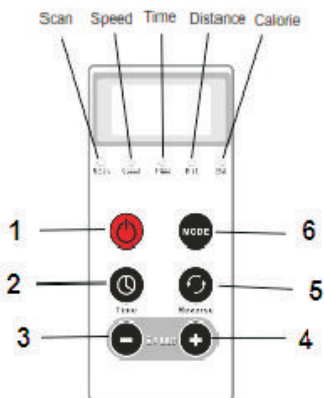
Next, Fig.4.

Insert the left-hand pedal (C-L), marked with the letter (L), onto the left-hand crank, also marked with an (L), Fig.4.

MAINS CONNECTION.-

Connect the unit to a plug provided of a ground (220v). Put the switch (L) in position [1] Fig.6.

REMOTE CONTROL.-



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

- 1: **Power**
- 2: Time-Time selection button. (1-15 min).
- 3: Speed-- Select key for increasing speed (12 speed levels).
- 4: Speed+- Select key for increasing speed (12 speed levels).
- 5: Forward/reverse-Change pedal direction key
- 6: Mode-Select key for parameter display speed, time, distance, calories

OPERATION.-

Plug the adaptor plug to the DC and press the red button below the remote support placing it in the position I.

Pressing the button (1) the unit will work with the speed at level 1 and time 5 min. The display will show randomly, data speed, time, distance, calories (Scan).

Pressing the button (2) Time, you can adjust the time period from 1 to 15 minutes. For faster adjustment you may hold the key (2) down until you see the desired time.

The device automatically turns off when the selected minutes have elapsed.

To increase the speed press button (4) Speed+. To reduce the speed, press the button (3) Speed-. For faster adjustment you may hold the key (4) or (3) down until you see the desired speed level.

Using the button (5) Reverse it can change the direction of rotation of the pedals.

Press (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.

To turn off press (1). After finishing, press the red button below the remote support by placing it in the 0 position to completely shut down the unit.

OPERATING INSTRUCTIONS.- PHYSICAL FITNESS.

It is advisable to POWER off with short exercise sessions of 3 to 6 minutes at a low speed, twice per day. See examples of exercises on the next page

Gradually build up to a maximum of 15 minutes per session, twice per day.

Once you feel comfortable exercising you can try higher speeds.

FINAL NOTE.

We hope that you enjoy your unit. You will soon notice the benefits of your controlled exercise program, you will feel better, have more energy and suffer less stress.

INSPECTION & MAINTENANCE.-

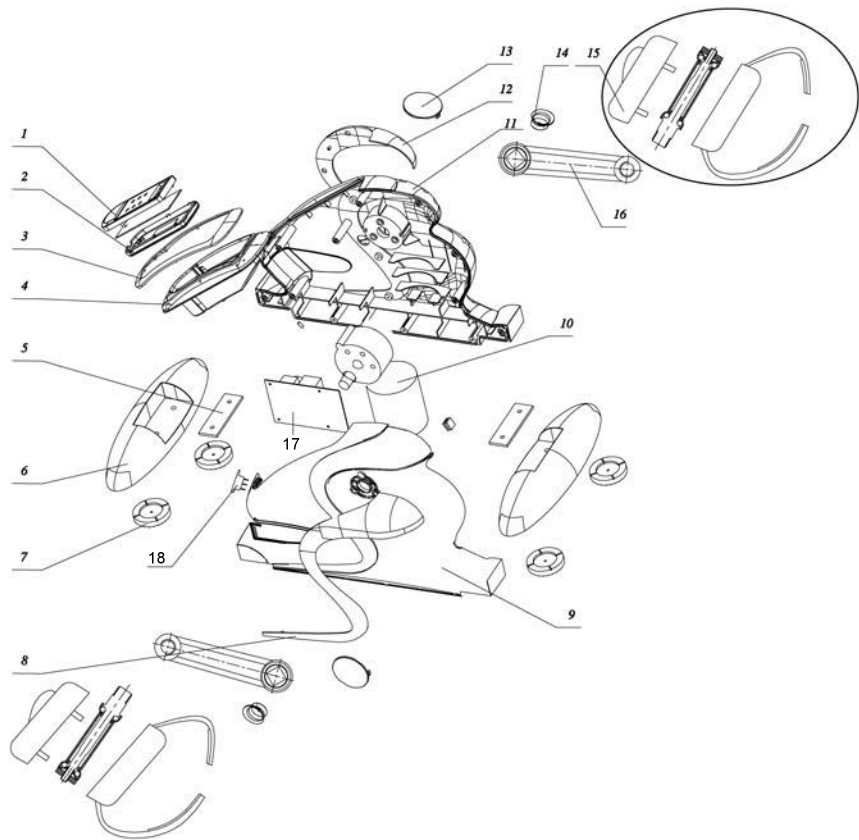
Switch the unit off and unplug the mains cable.

ATTENTION:

Periodically check that all of the fastening elements are duly tightened and connected correctly.

Check and tighten all the parts on your unit every three months.

We recommend that you use original spare parts to replace any worn components. The use of other spare parts may cause injuries or affect the performance of the machine.



RE PARTS LIST :

NO.	DISCRIPTION	QUANTITY
1	CONTROLLER UPPER COVER	1
2	CONTROLLER BEARING COVER	1
3	CONTROLLER HOLDER --UP	1
4	CONTROLLER HOLDER --BEARING	1
5	FIXED BLOCK	2
6	BODY SUPPORTING	2
7	FOOT PAD	4
8	"S" BODY EXTERIOR --LEFT	1
9	MAIN BODY --LEFT	1
10	MOTOR	1
11	MAIN BODY --RIGHT	1
12	"S" BODY EXTERIOR --RIGHT	1
13	BODY COVER	2
14	CRANK COVER	2
15	PEDAL	2
16	CRANK	2
17	PC BOARD	1
18	POWER SWITCH	1



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