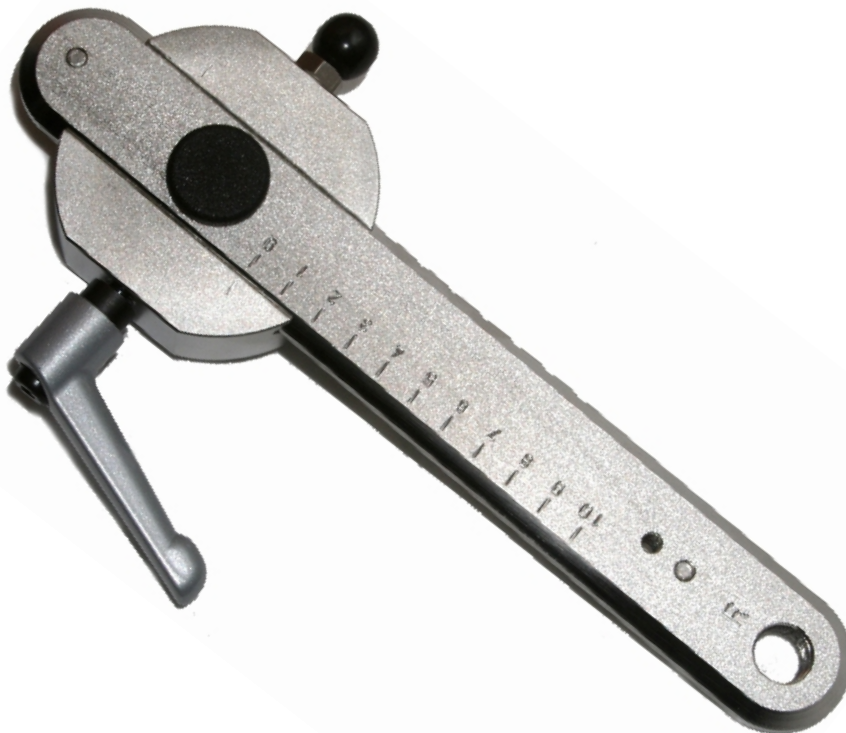




Manual

for the length-adjustable crank arms for the
cycle and upper body ergometer



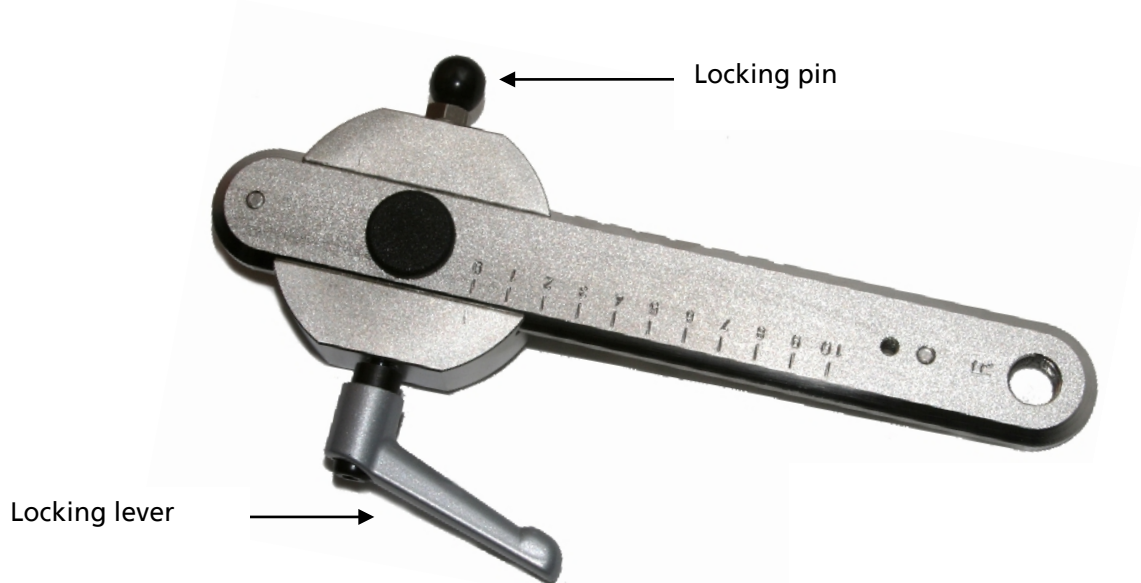
General



Read the instruction manual with its security advices and warnings **prior to the initial use** of the units, to secure a safe and conventional use. Keep this document for future reference and pass it with the unit in case of resale.

Overview

- Cycle: Radius adjustable from 75mm to 175mm
- Item number: Z-MED-AL-011 (medical version)
- Body: Radius adjustable from 75mm to 225mm, Switching of the handles from synchronous to asynchronous mode possible
- Item number: Z-MED-AL-012
- completely made from rust- and acid-proofed stainless steel
- Safe and easily adjustable – without tools
- Extremely robust



Maintenance

Warning: Retorque cranks and pedals

After the first 10 hours of use, the cranks and pedals need to get retorquened.

If they don't get retightened, damage of the axis, pedals or cranks is possible and the warranty will not cover the resulting damage.

Assembly manual

Necessary tools for assembly:

- slot screwdriver small
- open-end spanner SW 15 / 17 / 19
- 6-head socket SW 14
- crank puller
- torque wrench adjusted to 50Nm

Step 1 – Removing the pedals

Remove the pedals on the left and right with the open-end spanner SW15. **Attention:** The screwing on the left side opens counterclockwise.

Step 2 – Loosening of the cranks at the axis

Remove the left and right black plastic cap with the help of the slot screwdriver, which covers the screwing of the cranks. Loosen the screwing on both sides with the help of the torque wrench and the 6-head-socket SW 14.

Step 3 – Removal of the cranks from the axis

Screw the crank puller by hand on the thread. Turn the screw with the open-end spanner SW 17 clockwise until the crank is loose. Remove the crank puller with the open-end spanner SW 19 from the cranks and bring it back into starting position by turning clockwise. Do the same on the other side.

Step 4 – Assembly of the adjustable cranks

Remove the two plastic caps from both cranks. If the cranks aren't in position "0" yet, please do so by opening the locking lever and pulling the locking pin. The crank arms are marked with an R for the right and an L for the left crank arm. **Attention:** The pedals may fall off if they are mounted on the wrong side! Put the crank with the L on the left square of the axis. Screw the earlier removed screw with the torque wrench on the axis and tighten it with 50 Nm. Do the same procedure for the right crank.

Step 5 – Mounting the pedals

The pedals are marked with an L and R as well. Make sure to assemble the pedals as marked. Screw the right pedal clockwise and the left pedal counter clockwise. Transposition may cause loosening of the pedals.

Usage of the adjustable crank arms

As described in step 4, the cranks can get adjusted by loosening the locking lever (A) and pulling the locking pin (B). You can read the position by the scale on the side. After adjusting, it's very important that the locking pin is back in position and the locking lever is in row with the crank (see picture). To get the locking lever in row with the crank you can pull it and move it into the right position. Disregarding may cause injury of the user or damage the cranks.



Warranty conditions

The following is based on a legal warranty.

Within 10 days after delivery of the units of the cardio line, the warranty card, which is included at the conclusion of this user's manual, can be returned to Emotion Fitness GmbH & CO. KG in order to receive an extended warranty.

As a distributor, EMOTION FITNESS GmbH & Co. KG provides cost free service for professional users such as fitness gyms for up to two years on parts and one year for working hours. This offer applies only if proper use and maintenance as described in this manual can be proven. The warranty is terminated as soon as the product is serviced or repaired by an unauthorised person. If a warranty case occurs, Emotion Fitness GmbH & Co. KG must be informed immediately. The owner must provide information including the serial number, the date of purchase, and the name of the original supplier.

EMOTION FITNESS GmbH & Co. KG will initiate service, but reserves the right to decide about the mode of service.

The following procedures are possible:

1. The service is conducted on-site by our service employees.
2. The required spare part(s) are shipped.
3. An exchange unit is arranged and sent to the user.

The defective parts should be sent to EMOTION FITNESS within 48 hours. Otherwise charges for spare parts that are delivered will be charged.

If causes for repairs lie outside of the warranty conditions, Emotion Fitness GmbH & Co. KG reserves the right to require payment for all costs of the repair.

Some consumable parts are excluded from the warranty. These include the seat, crank arms, crank arm fixings, pedals, pedal straps, storage batteries, footsteps, telescope systems, and the foam covering for the handrails.

The polar pulse systems are covered by the legal guarantee.

These warranty conditions do not in any way interfere with general legal claims.

Thank you very much!



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