

■ Black

148 mm

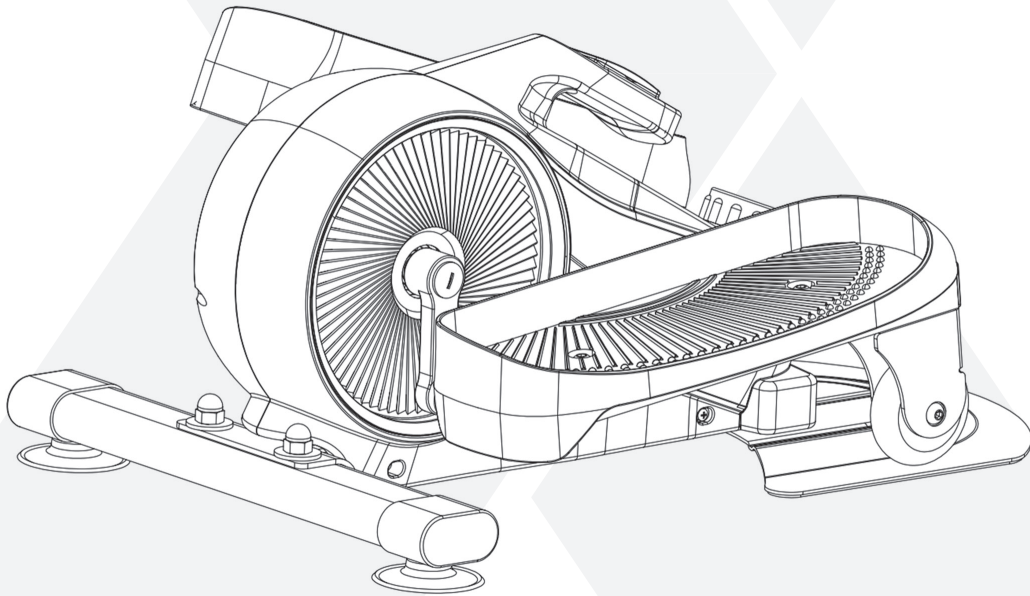


WELL-BEING

USER MANUAL

ITEM NO: 300160

Active-Feet



210 mm

Happiness at work



ERGONOMICS



MOVEMENT



SOUND



LIGHT



AIR

XSYSTEMS
Happiness at work



■ Black

148 mm



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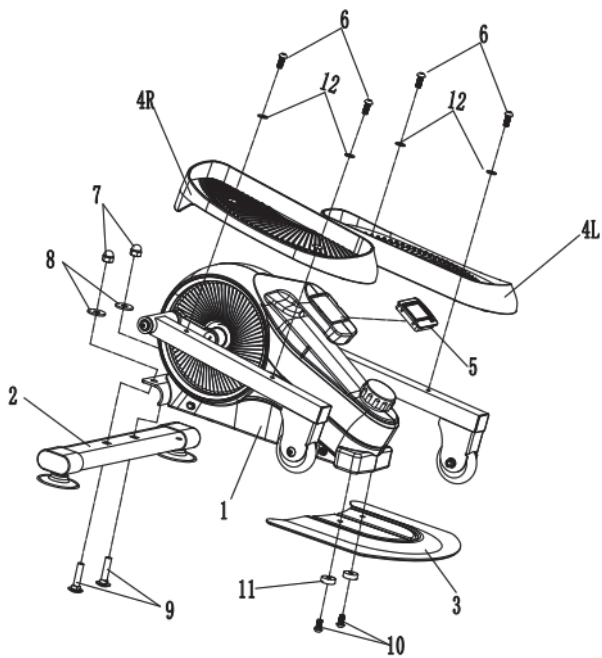
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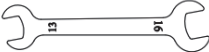
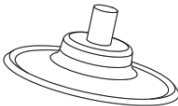


210 mm



The whole machine includes the following accessories:



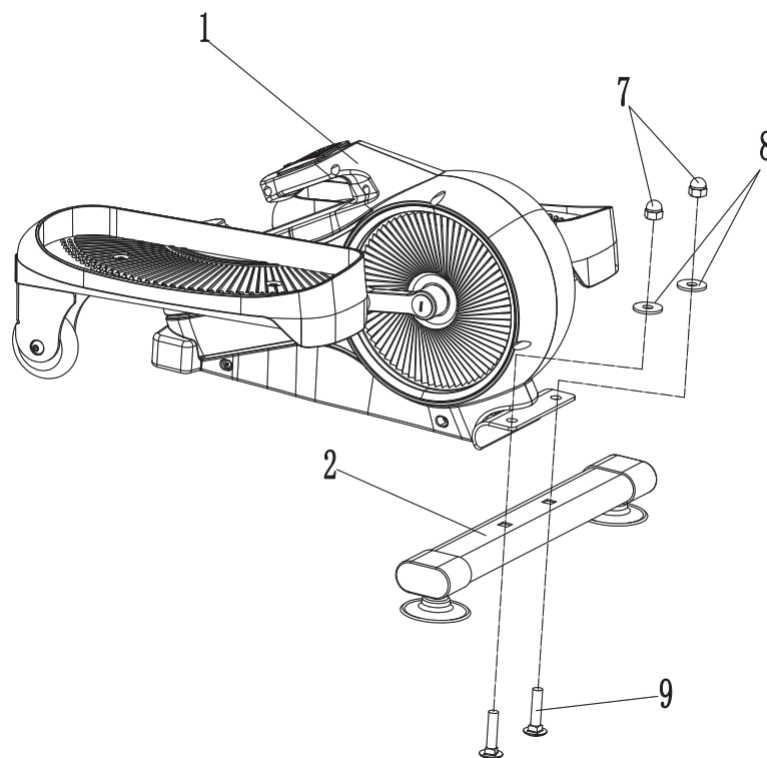
 (10) x2	 (11) x2	 13
 #Allen wrench (L5)	 #Allen wrench S13 S16	
 (12) x2		

■ Black

148 mm

Installation steps:

1. Press the foot tube

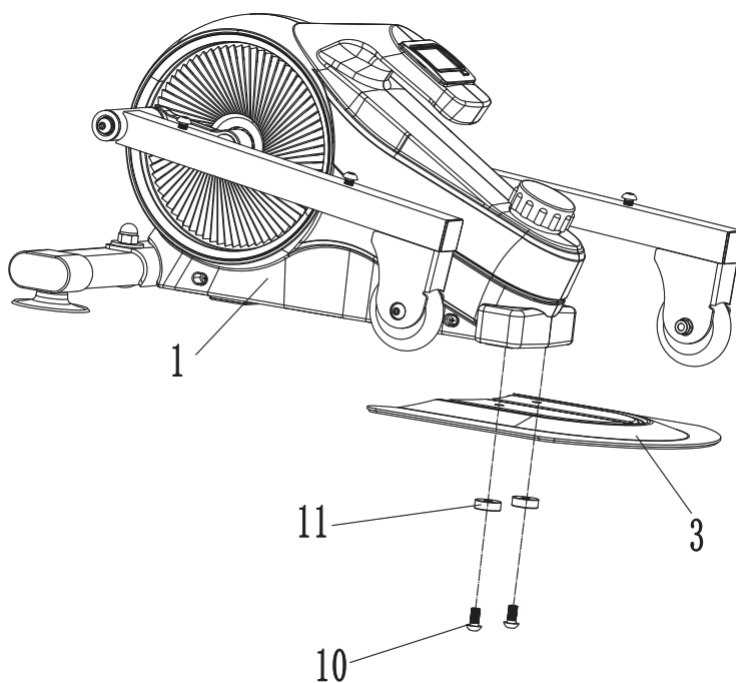


Attach the pins to the main engine with the screw nut gasket and tighten the nut with the wrench tool.

■ Black

148 mm

2. Install fixed iron sheet



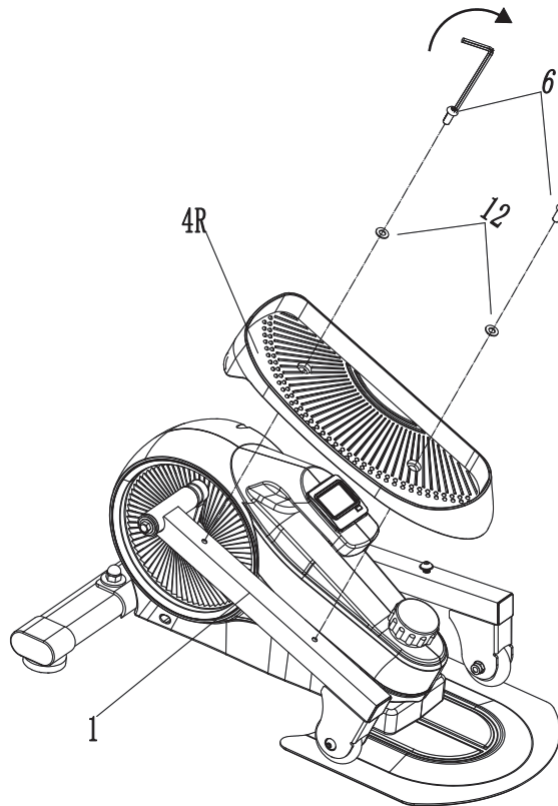
Remove the screws 10 # and the plastic gasket 11 # from the accessory bag, secure the iron sheet to the host machine with the inner hexagon tool, and lock the screws.

■ Black

148 mm



3. Foot pedal installation



210 mm

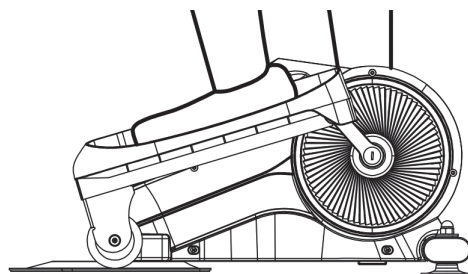
Remove the pre-installed screw from the iron pipe of the main engine, secure the foot pedal to the main engine, and turn the screw tightly with the inner hexagon tool. Note the LR mark, the foot pedal and the main engine iron pipe mark are consistent.



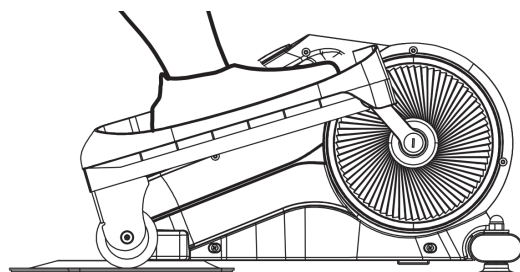


Additional instructions

1. The direction of the electronic watch can be adjusted according to the direction of use.
2. Please add the right amount of lubricating oil to the rolling route of the wheels on both sides of the iron sheet.
3. When standing for use, the footsteps and the direction of the machine are shown in Figure 1.
4. When sitting, the footsteps and the direction of the machine are shown in Figure 2.



1.



2.



■ Black

148 mm



210 mm

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salg@xsystems.dk
xsystems.dk



■ Black

148 mm

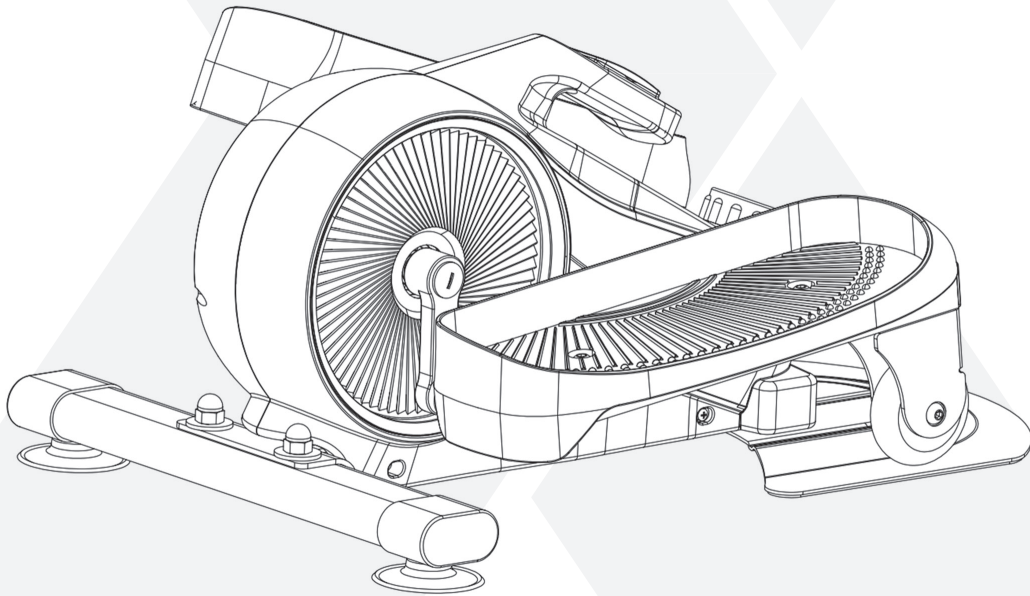


WELL-BEING

BRUGERVEJLEDNING

ITEM NO: 300160

Active-Feet



210 mm

Happiness at work



ERGONOMICS



MOVEMENT



SOUND



LIGHT



AIR

XSYSTEMS
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■ Black

148 mm



Indhold

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210 mm

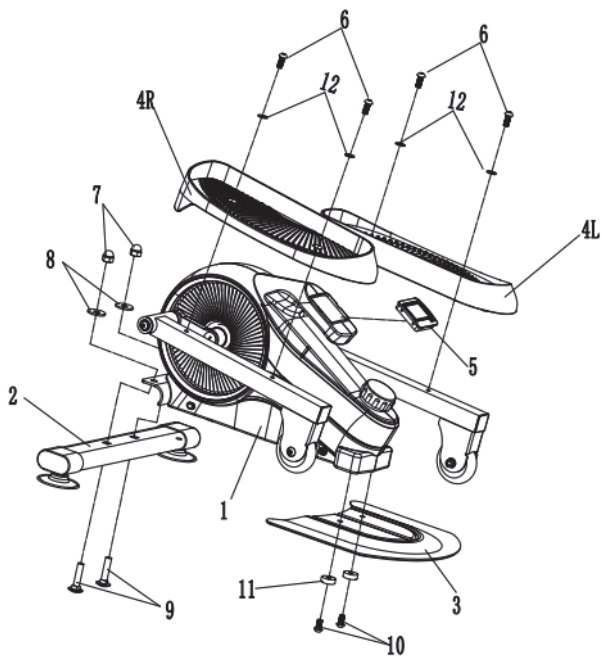


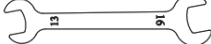
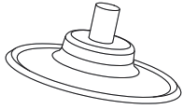
■ Black

148 mm



Den samlede maskine inkluderer følgende tilbehør:



 (10) x2	 (11) x2	 13
 #Allen wrench (L5)	 #Allen wrench S13 S16	
 (12) x2		

210 mm



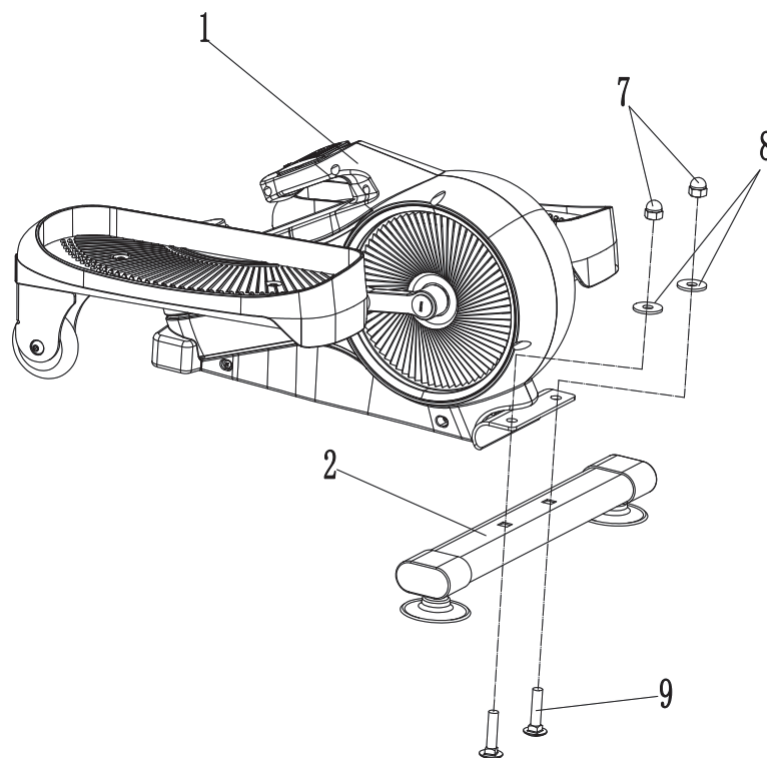
■ Black

148 mm



Installationsinstruktioner:

1. Tryk på fodrøret



210 mm

Fastgør pindene til hovedmotoren med skruemøtrikpakningen og stram møtrikken med værktøjsnøglen.

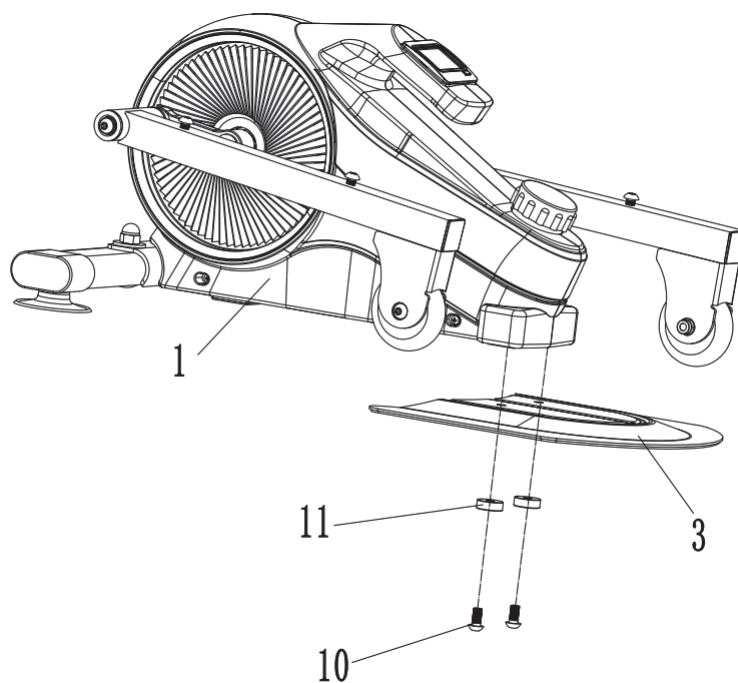


■ Black

148 mm



2. Installer jernpladen



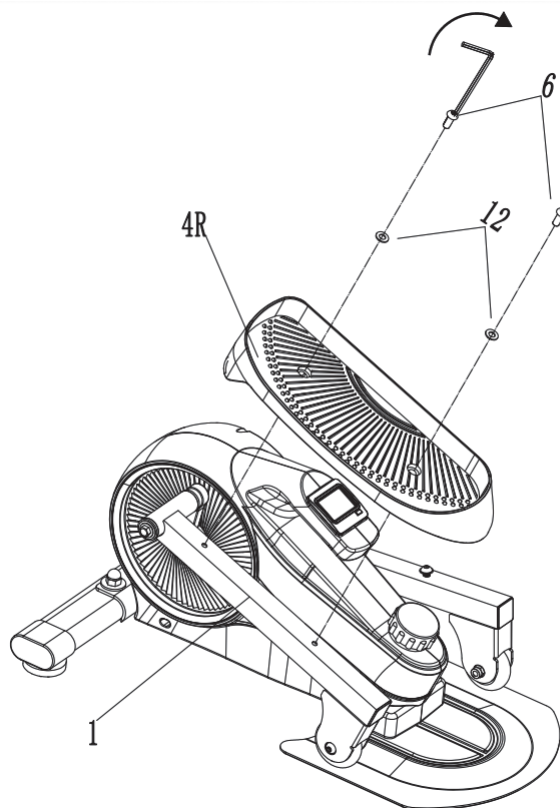
210 mm

Installer jernpladen ved at fjerne skruerne 10# og plastpakningen 11# fra tilbehørspakken. Fastgør jernpladen til hovedmaskinen med det indvendige sekskantværktøj og stram skruerne.





3. Installation af fodpedal



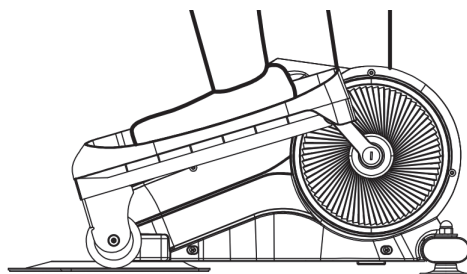
Fjern den forudinstallerede skrue fra jernrøret på hovedmotoren. Fastgør fodpedalen til hovedmotoren og stram skruen med det indvendige sekskantværktøj. Bemærk, at LR-mærket på fodpedalen og hovedmotorens jernrørsmærke skal være ens.



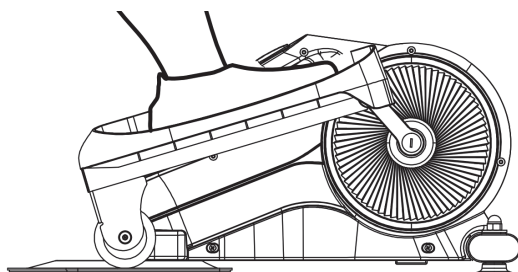


Yderligere instruktioner:

1. Retningen af det elektroniske ur kan justeres efter brugsretningen.
2. Tilføj venligst den korrekte mængde smøreolie til rullevejen for hjulene på begge sider af jernpladen.
3. Når maskinen står til brug, er fodtrinnene og retningen af maskinen vist i Figur 1.
4. Når maskinen bruges i siddende stilling, er fodtrinnene og retningen af maskinen vist i Figur 2.



1.



2.



■ Black

148 mm



210 mm

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salg@xsystems.dk
xsystems.dk



■ Black

148 mm

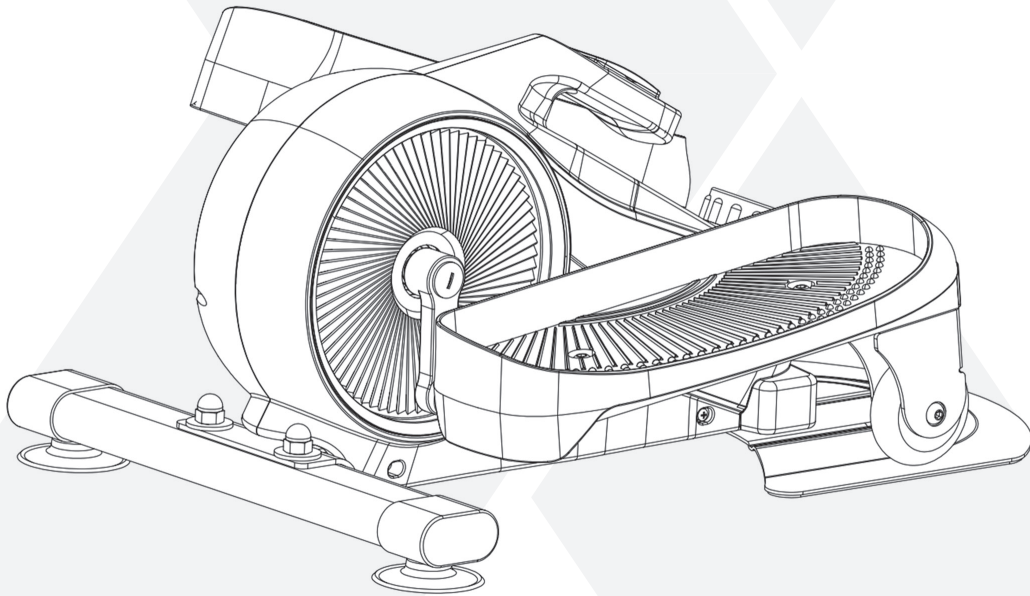


WELL-BEING

BRUKERVEILEDNING

ITEM NO: 300160

Active-Feet



210 mm

Happiness at work



ERGONOMICS



MOVEMENT



SOUND



LIGHT



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X SYSTEMS
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Innhold

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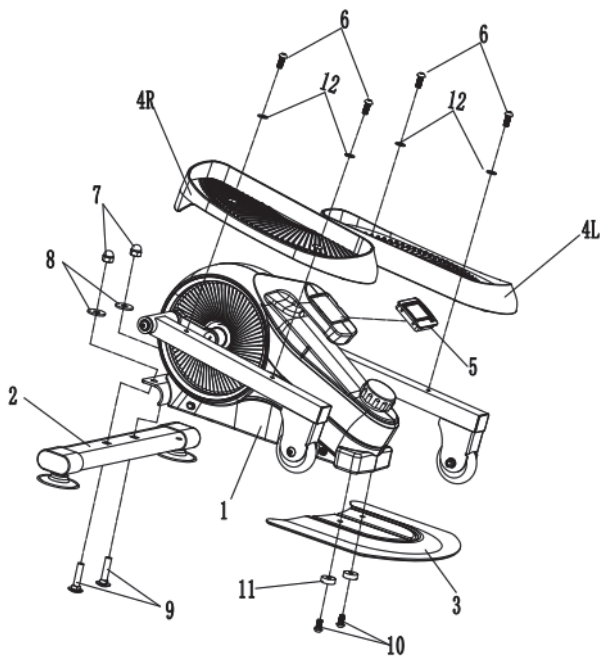


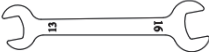
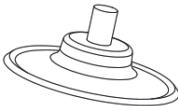
■ Black

148 mm



Den komplette maskinen inkluderer følgende tilbehør:



 (10) x2	 (11) x2	 13
 #Allen wrench (L5)	 #Allen wrench S13 S16	
 (12) x2		

210 mm



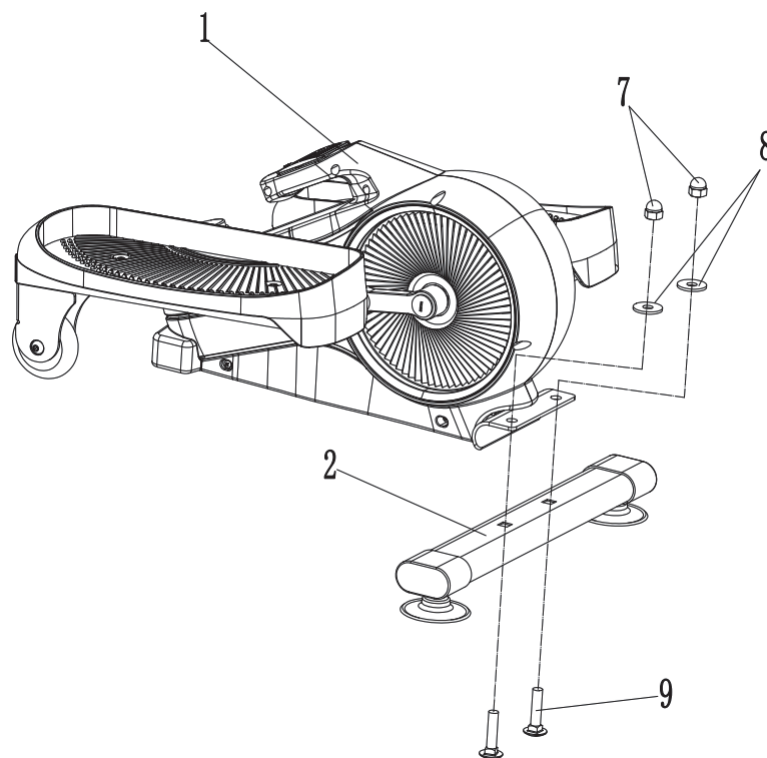
■ Black

148 mm



Installasjonsinstruksjoner:

1. Trykk på fotpedalen



210 mm

Fest pinnene til hovedmotoren med skrue, mutter, skive og stram mutteren med verktøynøkkelen.

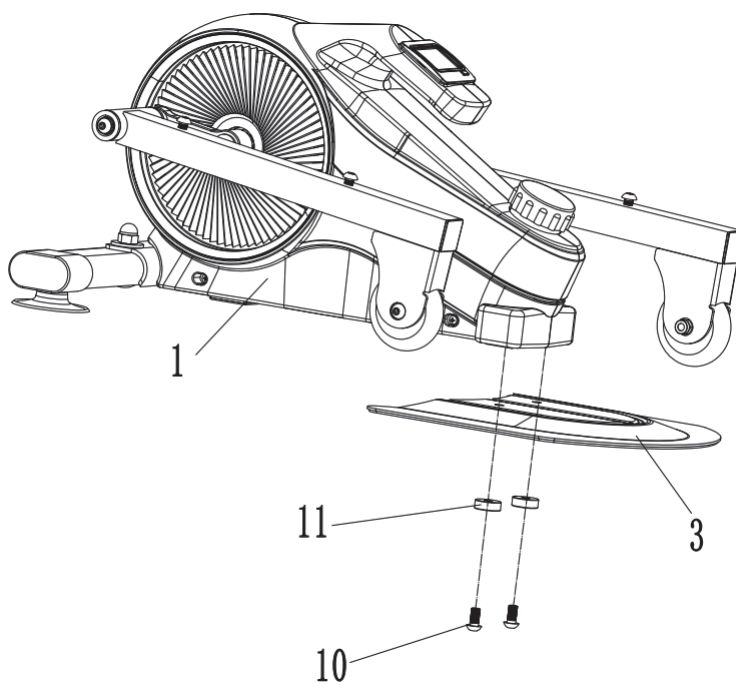


■ Black

148 mm



2. Installer jernplaten



210 mm

Installer jernplaten ved å fjerne skruene nr. 10 og plastpakningen nr. 11 fra tilbehørspakken. Fest jernplaten til hovedmaskinen med det indre sekskant-verktøyet og stram skruene.

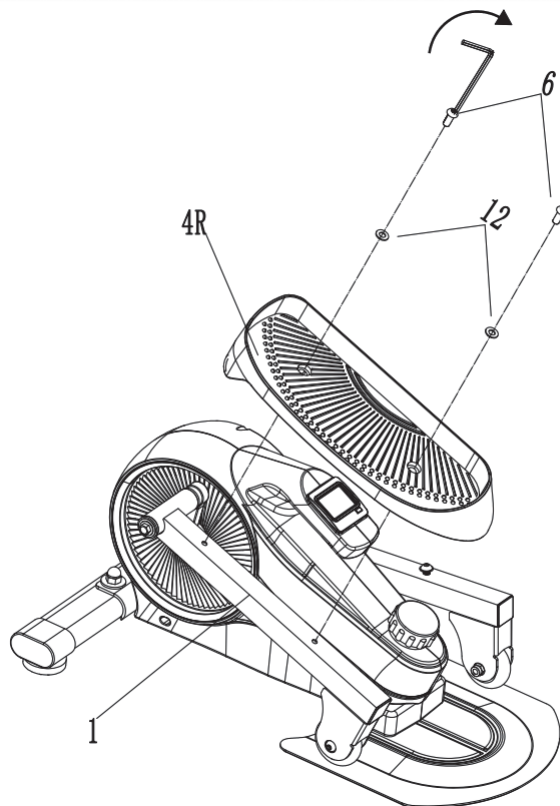


■ Black

148 mm



3. Installasjon av fotpedal



210 mm

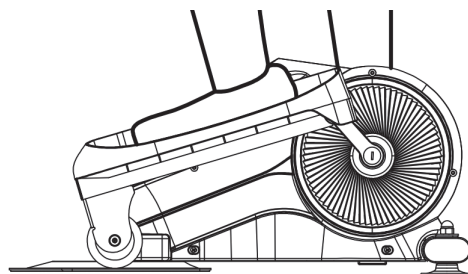
Fjern den forhåndsinstallerte skruen fra jernrøret på hovedmotoren. Fest fotpedalen til hovedmotoren og stram skruen med det indre sekskantverktøyet. Merk at LR-merket på fotpedalen og jernrøret på hovedmotoren skal være like.



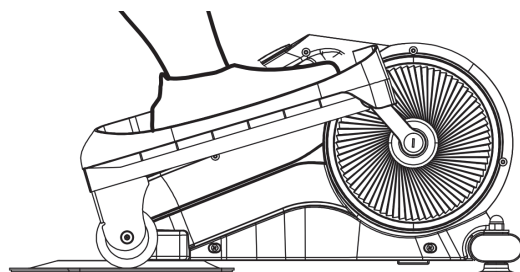


Ytterligere instruksjoner:

1. Retningen av det elektroniske uret kan justeres i henhold til bruksretningen.
2. Vennligst tilsett riktig mengde smøreolje til rullebanen for hjulene på begge sider av jernplaten.
3. Når maskinen står for bruk, vises fottrinnene og maskinens retning i Figur 1.
4. Når maskinen brukes i sittende stilling, vises fottrinnene og maskinens retning i Figur 2.



1.



2.



■ Black

148 mm



210 mm

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