

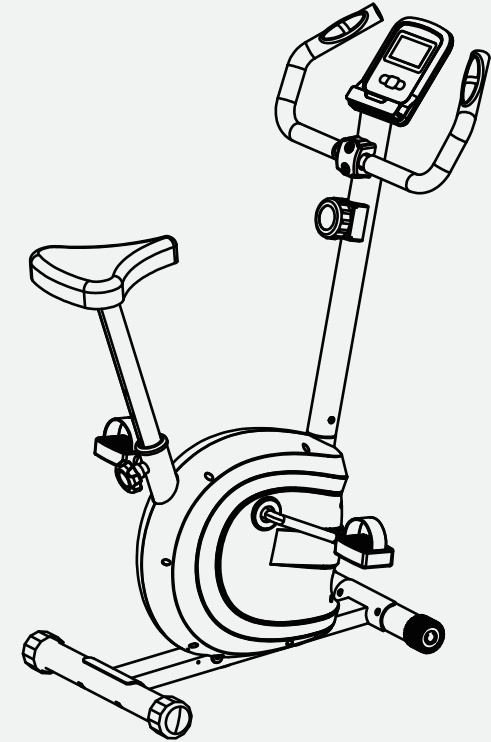


**OGAWA**

***i*SPEED**



**OGAWA**



**User Manual**  
**AC3212**

Rev 1.0

# User Manual

All the information is correct at the time of print

**IMPORTANT!**

*Please read all instructions carefully before using this product.*

*Retain this manual for future reference.*

*The specifications of this product may vary slightly from the illustrations and are subject to change without notice.*

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Thank you for purchasing the Ogawa iSpeed .

Before operating this unit, please read this manual carefully to ensure optimum performance and safety.

This manual should be kept available for future reference.

**REMARK:**

For product improvement, the company reserves the right to change the design and specification at any time without prior notice.

Pictures are for reference use only and may differ from the actual product.



## Safety Instructions



Caution

Read this user manual carefully before use.

**Follow the assembly instructions carefully.**

**It is important to read the entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.**

1. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.6 meter of free space all around it.
5. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals etc.
6. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.



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OGAWA

## Safety Instructions

7. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
8. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement. Please cycle it slowly in the beginning. Please hold the handlebar tightly and do not let your body leave the seat when exercise.
9. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg. Breaking is speed independent. Keep clothes, jewelry or loose items away from moving parts.
10. The equipment is not suitable for therapeutic use.
11. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.



Please note:

Maximum weight capacity for the **Ogawa iSpeed** is 100 kg.  
WARNING



WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.



Caution: Read this user manual carefully before use.



### Warranty Claim

1. Warranty is not transferable.
2. This warranty is effective only if the product is purchased from OGAWA or its authorized dealers.
3. Proof of purchase (original receipt) is required for all warranty repairs.
4. All implied warranties, including but not limited to these implied warranties of fitness and merchantability, are limited to one (1) year from the date of purchase.
5. Damage due to misuse, improper treatment and unauthorized modification and repairs are not covered by this warranty.
6. Warranty does not cover accessories and add-ons, which do not belong to this product.
7. Warranty is not effective to rental, business, commercial, institutional, or other non-residential users.
8. All services covered by this warranty must be approved by OGAWA and repaired by authorized technicians only.
9. If replacement parts for defective materials are not available, OGAWA reserves the right to make substitutions in lieu of repair or replacement.



### 产品规格

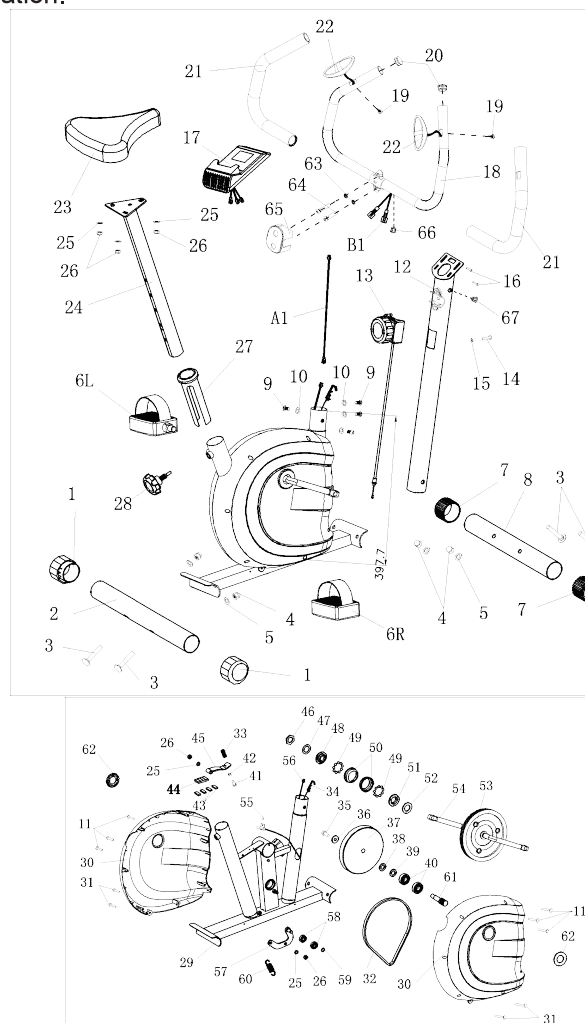
产品名称	OGAWA iSpeed
型号	AC3212
包装尺寸 (厘米)	59*25*47厘米
产品尺寸 (厘米)	79*44*107.5厘米
净重	15 公斤
毛重	17 公斤
负荷重量	100 公斤
颜色	蓝/红
材料	Steel, ABS, PP

故障	原因	处理方法	备注
没感应	感应线未接好或损坏	重新连接或更换感应线	
电子表没显示	电池没电或负极装反	更换电池或检查正、负极是否装反	
异响	活动部件松动或缺少润滑油	拧紧松动部件或者加润滑油	

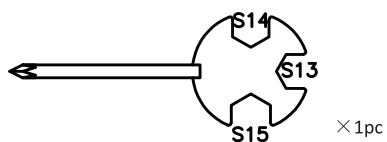
## 产品保养

1. 当你长期不使用时请将电子表里面的电池卸下来以免耗电。
2. 时常给器材外表面清楚干净，保持清洁美观。
3. 注意紧固件螺钉、螺母的松动，磨损，损坏。并时常加以润滑油来提高运动的灵活性。
4. 此器材应在室内干燥通风的环境下放置、且在使用结束后应把滴在器材表面的汗水擦干，以防止器材表面生锈。

Before you begin assembly, please take a moment to review the Hardware and Parts List on the following pages. Each part has been illustrated and numbered for easy identification.



**ASSEMBLY TOOLS AND NECESSARY PARTS**



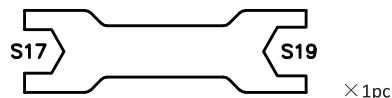
1. Wrench A

× 1pc



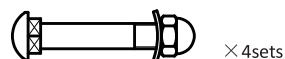
2. Wrench B

× 1pc



3. Wrench C

× 1pc



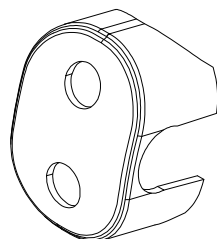
1. #3 Carriage bolt M10\*56\*L24
2. #4 Domed nut M10
3. #5 Arc washer φ20\*φ10.5\*2.0

× 4sets



1. #28 Adjust knob M12

× 1 pc



1. #65 Plastic cover clamp

× 1 pc

**功能参数:**

时间(TIME) .....	00:00-99:59
速度 (SPEED) .....	0-99.9KM/H(ML/H)
里程 (DIST).....	0-999.9KM(ML)
热耗=卡路里(CAL).....	0-9999KCAL
总里程(ODO).....	0-999.9KM(ML)
心率 (PULSE) .....	40-240BPM

**按键功能:**

**功能切换=模式MODE:** 此按键用来选择或者锁定某个功能, 长按三秒钟, 总里程ODO的所有数据全部清零。

**时间TIME:** 按MODE按键, 让箭头指向时间TIME位置, 将记录显示运动开始到停止的时间。

**速度SPEED:** 按MODE按键, 让箭头指向速度SPEED位置, 将记录显示运动过程中的实时速度。

**里程DISTANCE:** 按MODE按键, 让箭头指向里程DISTANCE位置, 将记录显示运动开始到停止的里程数。

**热耗=卡路里CAL:** 按MODE按键, 让箭头指向卡路里CAL位置, 将记录显示运动开始到停止消耗的热量。

**总里程ODO:** 按MODE按键, 让箭头指向总里程ODO位置, 将记录显示运动开始到更换电池运动的总里程。

**心率PLUSE:** 按MODE按键, 让箭头指向心率PLUSE位置, 双手紧握金属片, 当前每分钟心率数据会适时显示。

**扫描SCAN:** 每隔四秒自动切换显示各个功能参数。

**自动开关AUTO ON/OFF:** 当有按键操作或者是运动信号进入系统, 系统自动打开开始工作。当四分钟内无按键操作或是没有运动信号进入系统, 系统自动关闭停止工作。

**电池BATTERY:** 如果显示模糊或者不正常, 请重新安装或者更换电池。

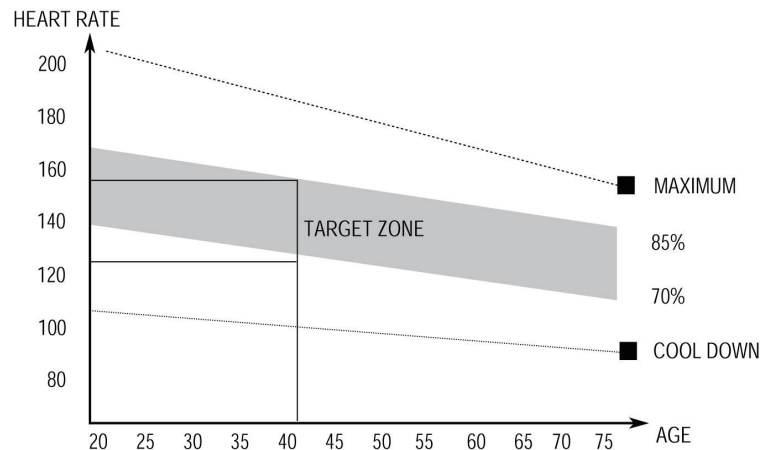




## 训练指导

### 锻炼阶段

每次都在一定的阻力下锻炼12分钟（有些人会坚持15-20分钟），当你能够很容易地这样做几次后，就可以慢慢加大阻力。坚持锻炼一段时间后，你的脉搏跳动频率就会接近如下图曲线中的最佳位置（阴影部分）。要记住：不能急躁，这种锻炼为了你自己一生的健康，而不是一夜即成的魔术。



### 恢复阶段

这个阶段是为了使血管系统释放和肌肉放松，它其实是热身运动的重复。先降低运动节拍，持续大约5分钟，然后重复前面的伸展动作，注意不要猛拉肌肉。

使用椭圆健身锻炼时，请不要随意增加训练强度，那可能会使你的腿肌肉扭伤，也就意味着很长时间里你不能继续锻炼。

### 使用方法

调节健身的微调装置可以改变健身车的阻力，阻力越大越难踩动。用户可通过这个装置选择适合自己的运动速度。



## Product Parts

Part No.	Description	Q'ty
1	End Caps For Rear Stabilizer (for $\phi 50$ tube)	2
2	Rear Stabilizer $\phi 50 \times 430$	1
3	Carriage Bolt M10*56*L24	4
4	Domed Nut M10	4
5	Arc Washer $\phi 20 \times \phi 10.5 \times 2.0$	4
6L/6R	Pedal	1/1
7	Transportation Wheel For Front Stabilizer	2
8	Front Stabilizer $\phi 50 \times 380$	1
9	Allen Bolt M8*15	4
10	Arc Washer $\phi 16 \times \phi 8 \times 1.5$	4
11	Self-tapping Screw ST4.2*20	6
12	Front Post	1
13	8 Level Manual Tension Knob	1
14	Screw M5*45	1
15	Flat Washer $\phi 6$	1
16	Screw For Computer M5*15	2
17	Computer	1
18	Handlebar	1
19	Self-tapping Screw ST4.0*18	2
20	End Cap For Handlebar	2
21	Foam Grip	2
22	Pulse Sensor	2
23	Seat	1
24	Seat Post	1
25	Flat Washer $\phi 8$	8
26	Lock Nut M8	5
27	Bushing	1
28	Adjust Knob M12	1
29	Main Frame	1
30	Chain Cover	2
31	Self-tapping Screw ST4.2*20	4
32	Belt PJ4/270	1
33	Spring $\phi 10 \times \phi 1.0 \times 53$	1
34	Lower Tension Wire	1

Part No.	Description	Q'ty
35	Hex Bolt M8*20	1
36	Flat Washer φ24*φ8.4*2.0	1
37	Flywheel φ180	1
38	Spacer φ21*φ15.2*2.0	1
39	Wave Washer φ21*φ15*0.5	1
40	Bearing 6002Z	2
41	Hex Bolt M6*20	1
42	Hex Nut M6	1
43	Magnet	4
44	Plastic Holder For Magnet	1
45	Iron Holder For Magnet	1
46	Nut	1
47	Washer φ35*2.0	1
48	Inside Bearing Collar	1
49	Ball Bearing	2
50	Bearing Housing	2
51	Outside Bearing Collar	1
52	Big Washer φ40*2.8	1
53	Belt-driven Wheel φ200/PJ6	1
54	Crank	1
55	Self-tapping Screw	1
56	Sensor	1
57	Idler Plate	1
58	Bearing 6000Z	2
59	Clip φ10	1
60	Spring For Idler φ20*φ3.2*39	1
61	Axle For Flywheel	1
62	Crank cover	2
63	Washer φ8	2
64	Hex bolt M8*35	2
65	Handlebar plastic cover	1
66	Wire plug	2
A1	Middle Computer Wire	1
B1	Lower Hand Pulse Wire	2

### 伸展运动

不管你怎样运动，最好先做伸展运动。温暖的肌肉更容易舒展，因此先用 5~10 分钟来热身。接着停下来按照如下方法做伸展运动——做 5 次，每条腿每次做 10 秒或更多时间，在锻炼结束后再做一遍。

#### 1、向下伸展

双膝微曲，身体慢慢向前弯，让背部和肩膀放松，双手尽量支触摸脚趾。保持 10~15 秒，然后放松。重复做 3 次（见图 1）。

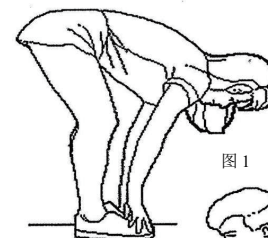


图 1

#### 2、脚筋伸展

坐在干净的座垫上，把一条腿伸直。把另一条腿向内收，使其紧贴伸直的一条腿的内侧。尽量用手去触摸脚趾。保持 10~15 秒，然后放松。每一条腿重复做 3 次（见图 2）。

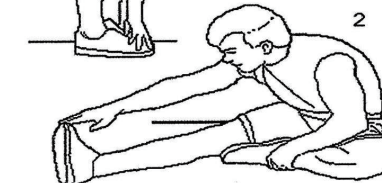


图 2

#### 3、小腿和脚根腱伸展

两手扶墙或树站立，一脚在后。保持后腿直立且脚跟着地，向墙或树的方向倾斜。保持 10~15 秒，然后放松。每一条腿重复 3 次（见图 3）。

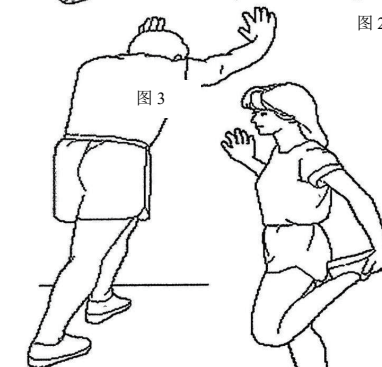


图 3

#### 4、四头肌伸展

以左手扶墙或桌子掌握平衡，然后右手向后伸，抓住右脚跟慢慢向臀部拉，直到你感觉到大腿前面的肌肉很紧张。保持 10~15 秒，然后放松。每一条腿重复做 3 次（见图 4）。



图 4

#### 5、缝匠肌（大腿内侧的肌肉）伸展

脚底相对，膝盖朝外坐下。双手抓住双脚向腹股沟方向拉。保持 10~15 秒，然后放松。重复做 3 次（见图 5）。



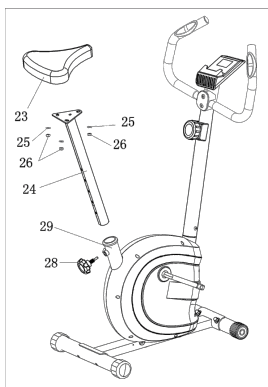
图 5



## 产品安装

### 第四步

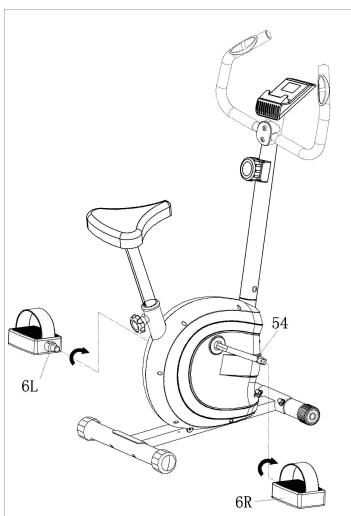
- 用平垫 (25) 和螺母 (26) 将坐垫 (23) 锁在坐垫管 (24) 上。
- 将组装好的坐垫管 (24) 插入到主架 (29) 中, 并用调节旋钮 (28) 将其锁好。



### STEP 5

将左右脚蹬 (6L/R) 分别装到曲柄 (54L/R) 上。

注意: 当安装脚蹬 (6L) 时, 应逆时针旋转。当安装脚蹬 (6R) 时, 应顺时针旋转。



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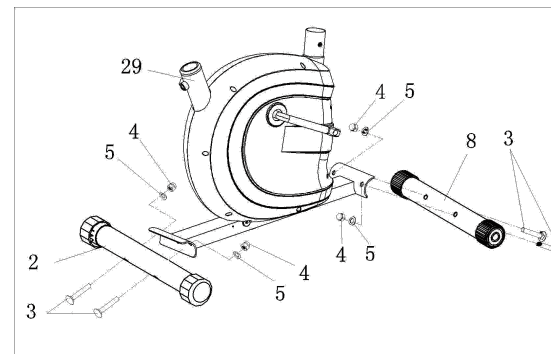


## Product Installation



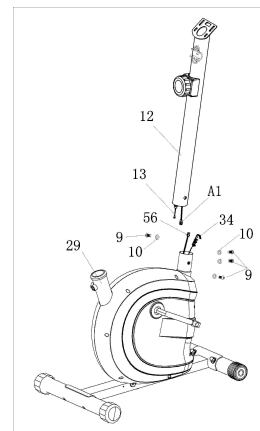
### STEP 1

Attach front stabilizer (8) to main frame (29), tighten with carriage bolt (3), arc washer (5) and domed nut (4). Then attach rear stabilizer (2) to main frame (29), tighten with carriage bolt (3), arc washer (5) and domed nut (4).

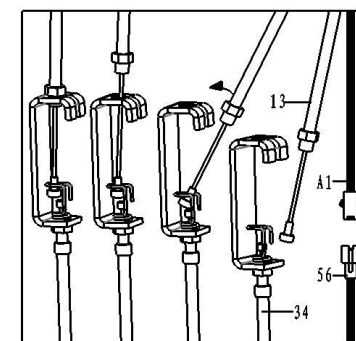


### STEP 2

- join middle computer wire (A1) to lower computer wire (56). (Please see insert)
- Release tension knob on front post then connect upper tension wire (13) with lower tension wire (34). Insert upper tension wire (13) nut onto the lower tension cable (34) bracket slot, pull upper tension wire (13) and slide through lower tension wire (34) bracket to vertical direction. Wire nut will sit on top of the cable bracket.
- Insert front post (12) into main frame (29) and secure using four Allen bolts (9) and four arc washers (10). Put the front cover down.

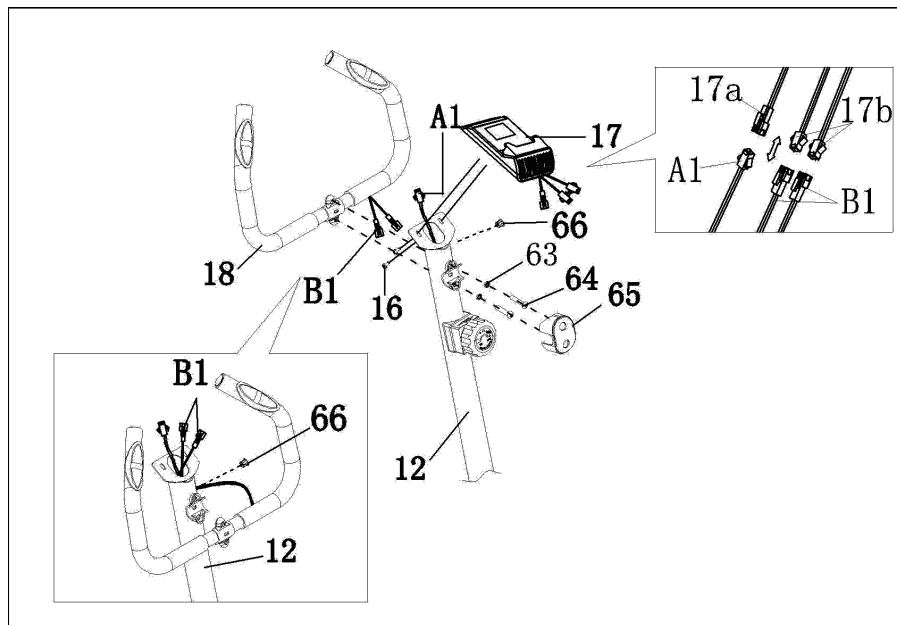


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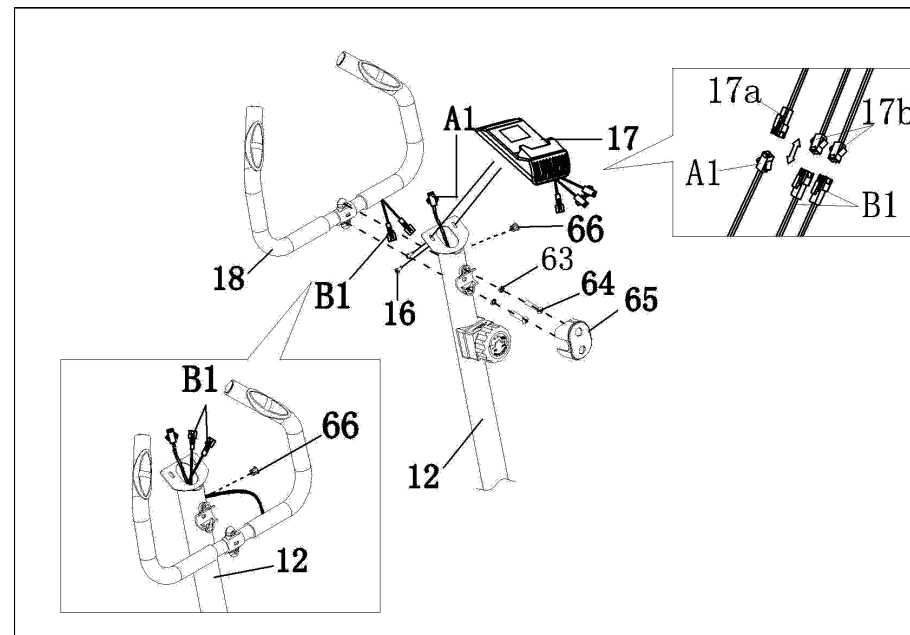
STEP 3

- 1. Secure handlebar(18) to handlebar post(12) with bolts(64) and spring washers(63), then attach the plastic cover clamp(65).
- 2. Take out wire plug (66), thread the HP wire to upright(12), then, block the wire plug(66).
- 3. Connect monitor wire (17b) with handle pulse wire (B1), and connect the sensor wire (A1) with monitor wire (17a), Secure the monitor (17) to upright (12) with screw(16).



第三步

- 用垫片 (63)、六角螺栓 (64) 将中扶手 (18) 锁在中立柱 (12) 上, 然后卡入把头夹 (65)。
- 将线塞 (66) 拔出, 将心率线 (B1) 穿入孔中, 并从中立柱上的电子表片的孔中拉出。然后, 将线塞 (66) 安装好。
- 连接电子表接线 (17b) 与心率线 (B1), 电子表中继线 (A1) 与电子表接线 (17a)。然后用螺丝 (6) 将电子表 (17) 锁在中立柱 (12) 上的电子表片上。

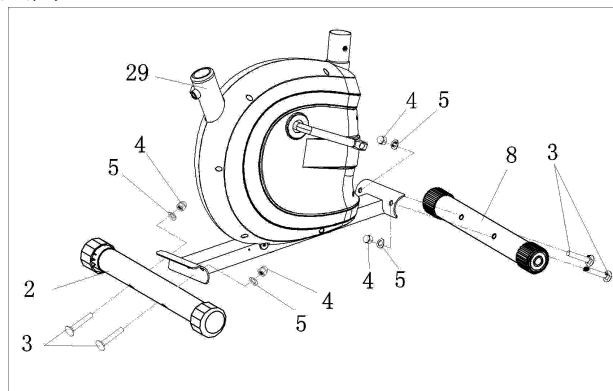




## 产品安装

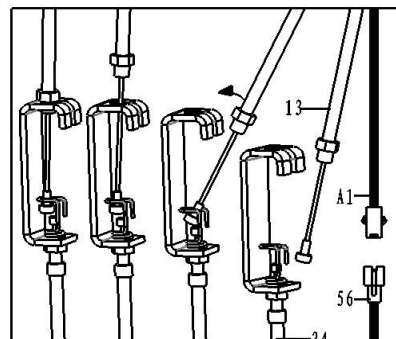
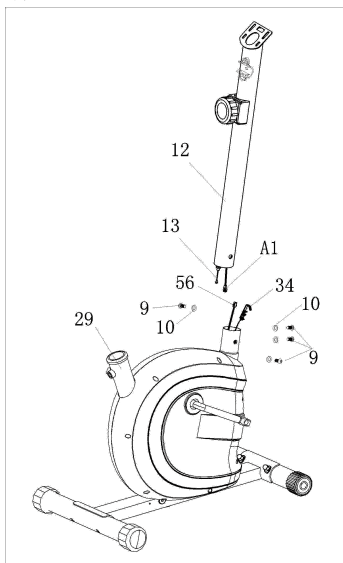
### 第一步

用螺丝（3）、弧形垫片（5）和盖型螺母（4）分别将前脚管（8）和后脚管（2）锁在主架（29）上，然后旋紧盖型螺母（4）。



### 第二步

- 连接电子表中继线（A1）与感应器线（56）。
- 将微调上段线（13）往下拉，然后连接微调上段线（13）与微调下段线（34）。即将微调上段线（13）的出线钩住微调下段线（34），如右图。
- 将中立柱（12）插入主架（29）中，并用螺栓（9）、弧形垫片（10）锁紧。



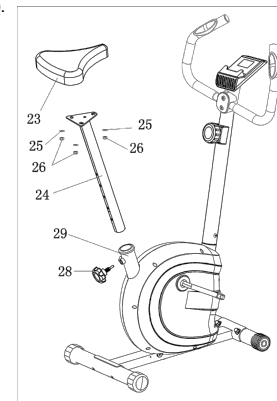
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## 产品安装

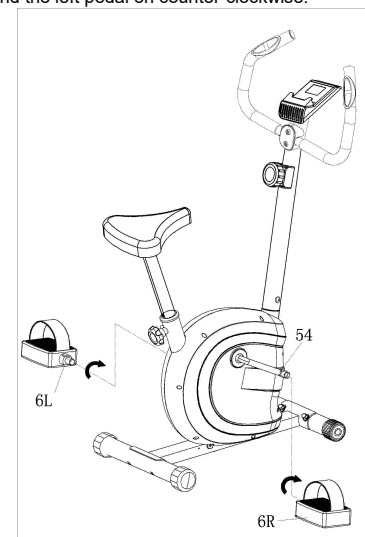
### STEP 4

- Attach Seat (23) to Seat post (24), tighten with three flat washer (25) and three lock nut (26). Insert the seat post (24) with seat (23) into the main frame (29). Lock it at suitable position with adjust knob (28).



### STEP 5

Attach Left Pedal strap to Left Pedal (6L) which is marked with decal "L". Doing same for Right Pedal (6R). Then attach Left Pedal (6L) and Right Pedal (6R) to their appropriate Crank Arm (54). The right pedal is on the right hand side of the cycle as you sit on it. Note that the right pedal should be threaded on clockwise and the left pedal on counter-clockwise.



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## The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

### 1. Down Stretch

Bend your knees slightly and body slowly, let your back and shoulders relax, and try to touch your toes. Keep it for 10 ~15 seconds, repeat 3 times.

### 2. Hamstring Stretch

Sitting on a clean cushion, then bend your right foot. Place your left foot against the inner thigh of your right foot. Try to touch your toes. Keep it for 10 ~15 seconds, repeat each foot 3 times.

### 3. Calf and Foot Stretching

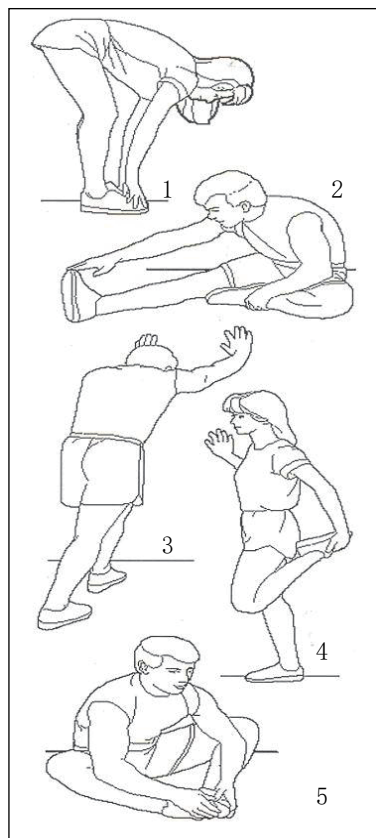
Stand and place both hands on a wall or a tree, one foot behind. Keep the behind foot stand and it's heel on the floor, then tilt to the wall or tree. Keep it for 10 ~15 seconds, repeat each foot 3 times.

### 4. Quadriceps Stretch

Place your left hands against a wall or a desk to aid your balance. Then grasp your ankle with your left hand and pull your foot toward your buttocks. Keep it for 10 ~15 seconds, repeat each foot 3 times.

### 5. Groin Stretch

Sit with your knees flexed and soles of feet together. Hold your ankles and bend at your hips. Keep it for 10 ~15 seconds, repeat 3 times.

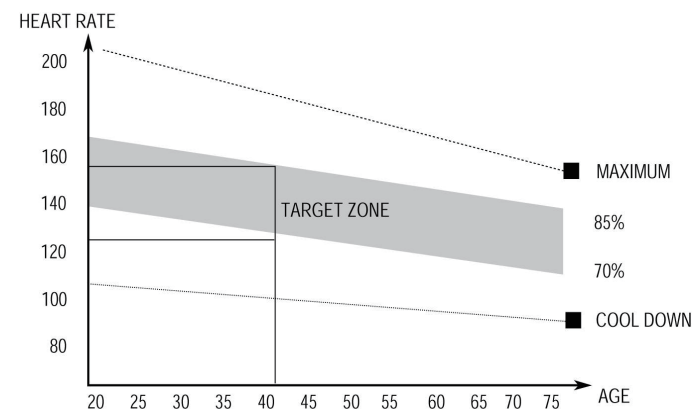


Part No.		Q'ty
35	六角螺栓 M8*20	1
36	平垫φ24*φ8.4*2.0	1
37	飞轮	1
38	垫片φ21*φ15.2*2.0	1
39	波形垫片φ21*φ15*0.5	1
40	轴承 6002Z	2
41	六角螺栓 M6*20	1
42	六角螺母 M6	1
43	磁铁	4
44	塑料磁铁定位器	1
45	磁力板	1
46	螺母	1
47	垫片φ35*2.0	1
48	二槽螺母	1
49	滚珠轴承	2
50	珠碗	2
51	三槽螺母	1
52	大垫片φ40*2.8	1
53	皮带轮φ200/PJ6	1
54	曲柄	1
55	自攻螺丝	1
56	感应器	1
57	压带板焊合	1
58	轴承 6000Z	2
59	平垫 φ10	1
60	弹簧φ20*φ3.2*39	1
61	惰轮轴	1
62	链罩装饰条	2
63	垫片φ8	2
64	六角螺栓M8*35	2
65	把头夹	1
66	线塞	2
A1	电子表中继线	1
B1	心率线	2

Part No.		Q'ty
1	后脚管脚套	2
2	后脚管	1
3	螺丝 M10*56*L24	4
4	盖型螺母 M10	4
5	弧形垫片φ20*φ10.5*2.0	4
6L/6R	脚蹬	1/1
7	前脚管脚套	2
8	前脚管	1
9	螺栓 M8*15	4
10	弧形垫片φ16*φ8*1.5	4
11	自攻螺丝 ST4.2*20	6
12	中立柱	1
13	微调	1
14	螺丝 M5*45	1
15	平垫φ6	1
16	螺丝 M5*15	2
17	电子表	1
18	中扶手	1
19	自攻螺丝 ST4.0*18	2
20	扶手堵头	2
21	扶手泡棉	2
22	心率片	2
23	坐垫	1
24	坐垫管	1
25	平垫φ8	8
26	螺母 M8	5
27	鞍管衬套	1
28	调节旋钮 M12	1
29	主架	1
30	链罩	2
31	自攻螺丝 ST4.2*20	4
32	皮带 PJ4/270	1
33	弹簧φ10*φ1.0*53	1
34	微调下段线	1

### Exercise Stage

This stage should last for a minimum of 12 minutes though most people start at about 15~20 minutes. After repeat it easily for several times, you can increase training strength. After exercising for a period of time, your heart beat will be close to the best position in the graph as below (Shaded part). Note: This exercising is for your whole life, it can not complete in one night, so you should keep it.



### Recovery Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. Then repeat the exercise phase, please be careful not to force or jerk your muscles.

When using elliptical fitness exercises, please don't increase training intensity arbitrarily. It may make your leg muscles sprain, which means you can't continue exercising for a long time.

### Equipment Tip

Adjusting the Tension Control can change the resistance of the equipment, the high resistance the harder to step. Users can use this device to find a suit



## Product Operation Guide

### CONSOLE INSTRUCTION

#### SPECIFICATIONS:

TIME .....	00:00-99:59
SPEED(SPD).....	0-99.9KM/H(ML/H)
DISTANCE(DIST).....	0-999.9KM(ML)
CALORIE(CAL).....	0-9999KCAL
ODOMETER(ODO).....	0-999.9KM(ML)
PULSE(PUL).....	40-240BPM

#### KEYFUNCTIONS:

**MODE ( SELECT/RESET ) :** This key lets you to select and lock on to a particular function you want.

**SET(IF HAVE):** Can to proceed the data establish for "TIME" "DISTANCE" "CALORIES".

**CLEAR(RESET):** The key to reset the value to zero by pressing the key.

#### OPERATION PROCEDURES:

##### 1. AUTO ON/OFF

The system turns on when any key is pressed or when it sensor an input from the speed sensor.

The system turns off automatically when the speed has no signal input or on key are pressed for approximately 4 minutes.

##### 2. RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

##### 3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

#### FUNCTIONS:

**1. TIME:** Press the MODE key until pointer lock on to TIME. The total working me will be shown when starting exercise.

**2. SPEED:** Press the MODE key until the pointer advanced to SPEED. The current speed will be shown.

**3. DISTANCE:** Press the MODE key until the pointer advanced to DISTANCE. The distance of each workout will be displayed.

**4. CALORIE:** Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when displayed will be shown.

**5. ODOMETER (IF HAVE):** Press the MODE key until the pointer advanced to ODEMETER. The total accumulated distance will be shown.

**6.PULSE(IF HAVE):**Press the MODE key until the pointer advance to PULSE, User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact parts(or put ear-clip to ear), and wait for 30 seconds for the most accurate reading.

**SCAN:** Automatically display changes every 4 seconds.

#### BATTERY:

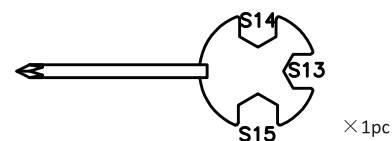
If improper display on monitor, please reinstall the batteries to have a good result.



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## 产品配件

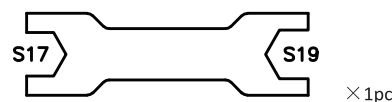
### 工具和零件包



1. 扳手 A



2. 扳手 B



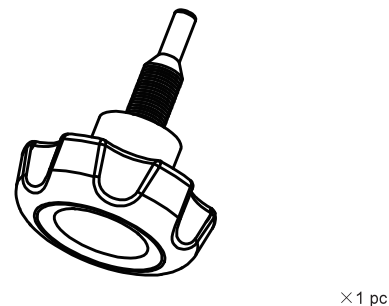
3. 扳手 C



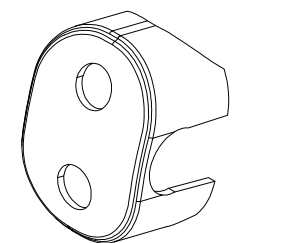
1. #3 螺丝 M10\*56\*L24

2. #4 盖型螺母 M10

3. #5 弧形垫片  $\phi 20 * \phi 10.5 * 2.0$



1. #28 调节旋钮 M12



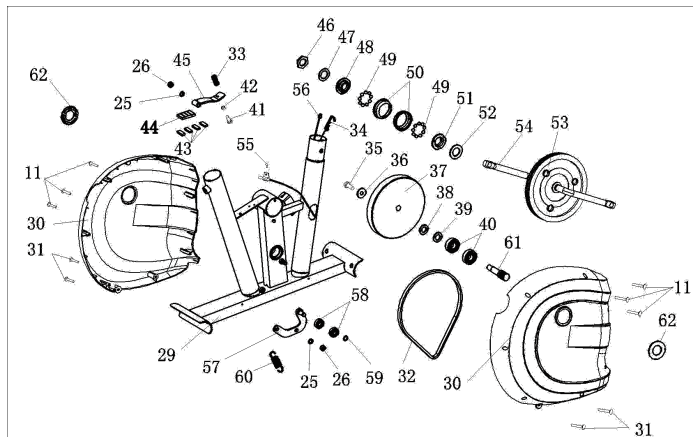
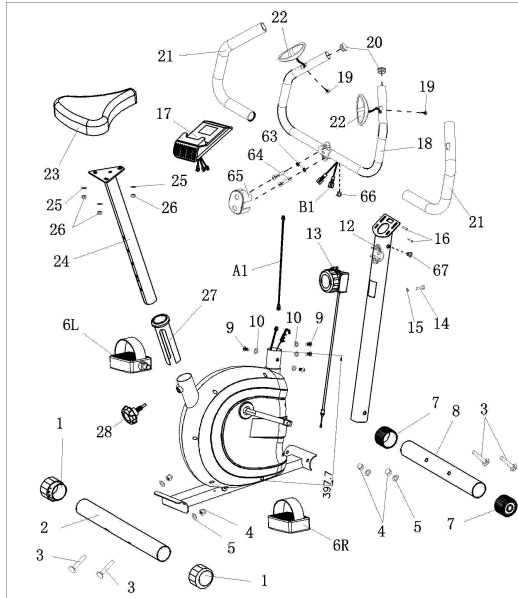
1. #65 把头夹





产品配件

请开始组装前，请详细阅读产品部件与图例，每个部件都已标明号码。



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Trouble Shooting

Trouble	Reasons	Solution	Remark
Without sensor	Sensor wire didn't connected well or broken	re-connected th sensor wire or replace with new sensor wire	
Computer without display	Computer battery runs out or battery negative and positive in reverse	Replace new battery or check the battery negative and positive side correct or not	
Noisy	Moving parts is loose or lack of lubricating oil	Tighten the loose parts or wipe lubricating oil	

**PRODUCT MAINTENANCE**

1. When you don't use the exercise bike for a long time, please take out the computer battery to avoid running out of battery.
2. Often clean the exercise bike with clean cloth to keep the clean appearance.
3. Please pay attention to the connection parts, screws, nuts loose or not, frayed or not, broken or not. And often wipe the oil to improve the flexibility of bike.
4. Please set up bike in a dry level place and keep it away from moisture and water. When you finished exercise, please don't forget to wipe the sweat from bike to avoid the appearance rusting.

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## Product Specification

Product name	OGAWA iSpeed
Model	AC3212
Packing dimension (cm)	59*25*47 cm
Product dimension (cm)	79*44*107.5 cm
Net weight	15 kg
Gross weight	17 kg
Max load	100kg
Colour	Blue/Red
Material	Steel, ABS, PP



## 保修说明

1. 本保权限不可转让。
2. 本保修服务仅对在 OGAWA 购买的产品有效。
3. 当要求保修服务时请出示正本购买凭据。
4. 在保修范围内的维修服务自购买之日起一年内有效。
5. 由于错误使用，不合理保养以及未经授权私自改装和维修此产品而导致的损坏，不属于保修范围。
6. 此保修范围不包括不属于产品本身的附件。
7. 此保修范围不适用于租赁，交易，商业，机构或其他非个人使用者。
8. 此保修范围所涉及的维修服务必须经过 OGAWA 授权，但必须授权的技术人员维修。
9. 若需更换的维修附件缺货，OGAWA 有权采用替代配件进行维修。



## 安全说明



**请注意：**

OGAWA iSpeed 最大承载重量为 100 公斤



**警告**

开始任何锻炼计划之前，应先咨询医生的意见。尤其是已存在健康问题的人。  
使用本健身器材之前，请阅读全部说明。凡使用本产品出现任何人身伤害或财产损失，本公司概不负责。



处理此器材的正确方法

本标志表示此产品在任何欧盟国家，皆不可与家庭废弃物一同丢弃。为避免任意丢弃对环境与人体健康可能造成的伤害，应确实回收来增加剩余可利用物质的在使用性。  
归还使用过器具，请遵循归还及回收程序，或与原购买零售商联系。他们能将产品进行对环境安全的回收。



请注意：请在使用前阅读以下说明。



## Contact Us



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**OGAWA** 真心感谢您选择 **ISpeed** , 使用前请阅读此说明书, 特别是安全说明部分。并保留此说明书予以备用。

## 备注:

本公司将保留修改设计和产品最终解释权。  
产品颜色以实物为准。



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警告

## 安全说明

请在使用前阅读以下说明。

- 1、 请严格按照说明书的要求进行安装;
- 2、 为确保使用者的安全, 在每一次使用前请检查器材上所有的螺栓等连接部分是否锁好;
- 3、 不要把器材暴露在潮湿的地方, 这会引起故障;
- 4、 安装时最好把零件放在一个垫子上(橡胶的或是木板的)以免弄脏;
- 5、 在运动前确保健身车周围 2 米范围内不要摆设其它物品;
- 6、 机器清洗时不能使用有腐蚀性的洗涤剂, 只能用随车提供的或是自己合适的工具组装和维修部件, 另外注意每次锻炼后要及时擦去滴在车上的汗水;
- 7、 不正确的或是超强度的锻炼都不利于健康, 建议在锻炼前咨询医生, 他会给你定一个最大训练量(包括脉搏、瓦特、持续时间等), 这样你就能自己锻炼并能得准确的信息。注意: 此车不能用于治疗性训练;
- 8、 只有当机器处于正常状态下才能锻炼, 维修时只能用原厂提供的配件;
- 9、 这台机器每次只能供一个人锻炼使用;
- 10、 锻炼时最好穿运动服和运动鞋, 并且运动鞋一定要合脚;
- 11、 如果在锻炼时感觉有头昏眼花、呕吐或其它不良症状应立即停止训练并去看医生, 咨询有关情况;
- 12、 小孩和残疾人只有当有人监护的情况下才能使用;
- 13、 此车设计可调节阻力的大小来调节运动强度, 从轻到重之间可以来回调节以选择您合适的阻力。
- 14、 使用者体重不能超过 100 公斤。
- 15、 此产品只限于家庭使用。

**注意:** 在运行前要保证所有的螺钉和螺母都有拧紧。

**备注:** 前脚管的堵头是带滚轮的可以移动, 方便您移动健身车。