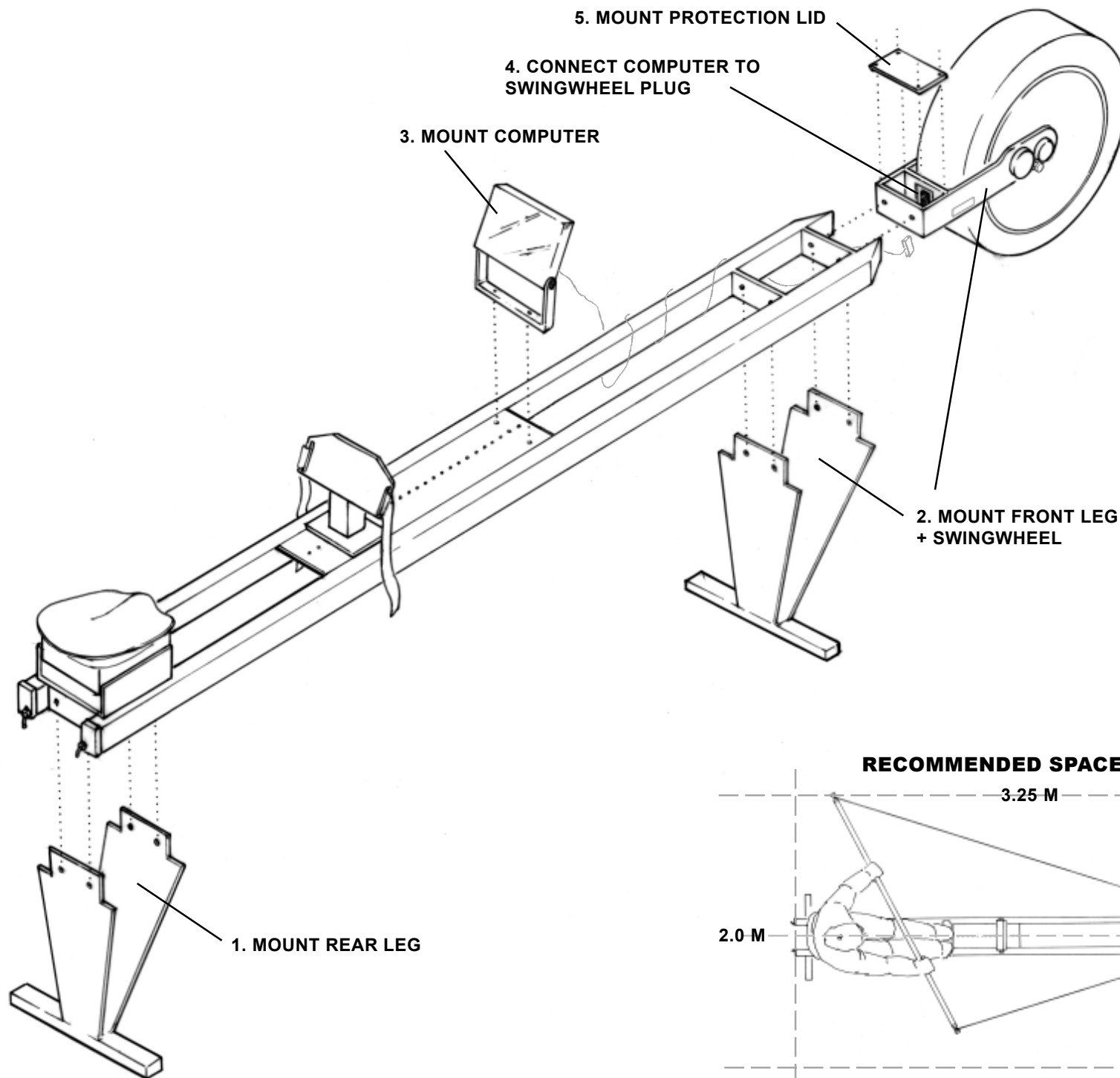


# ASSEMBLY

1. Mount rear leg  
(2+2 8mm unbracoscrews + top nuts, premounted)
2. Mount front leg + the swing wheel  
(2 x 8mm unbraco-screws + top nuts, pre-mounted).
3. Mount the computer  
(2 x 6mm unbracoscrews + top nuts, premounted).
4. Connect the computerwire to the plug in the swingwheel.
5. Mount protection lid.
6. Connect wire to net. Use 220V or the transformer included.

Dansprint is now ready for use.

All Unbraco-screws are premounted.



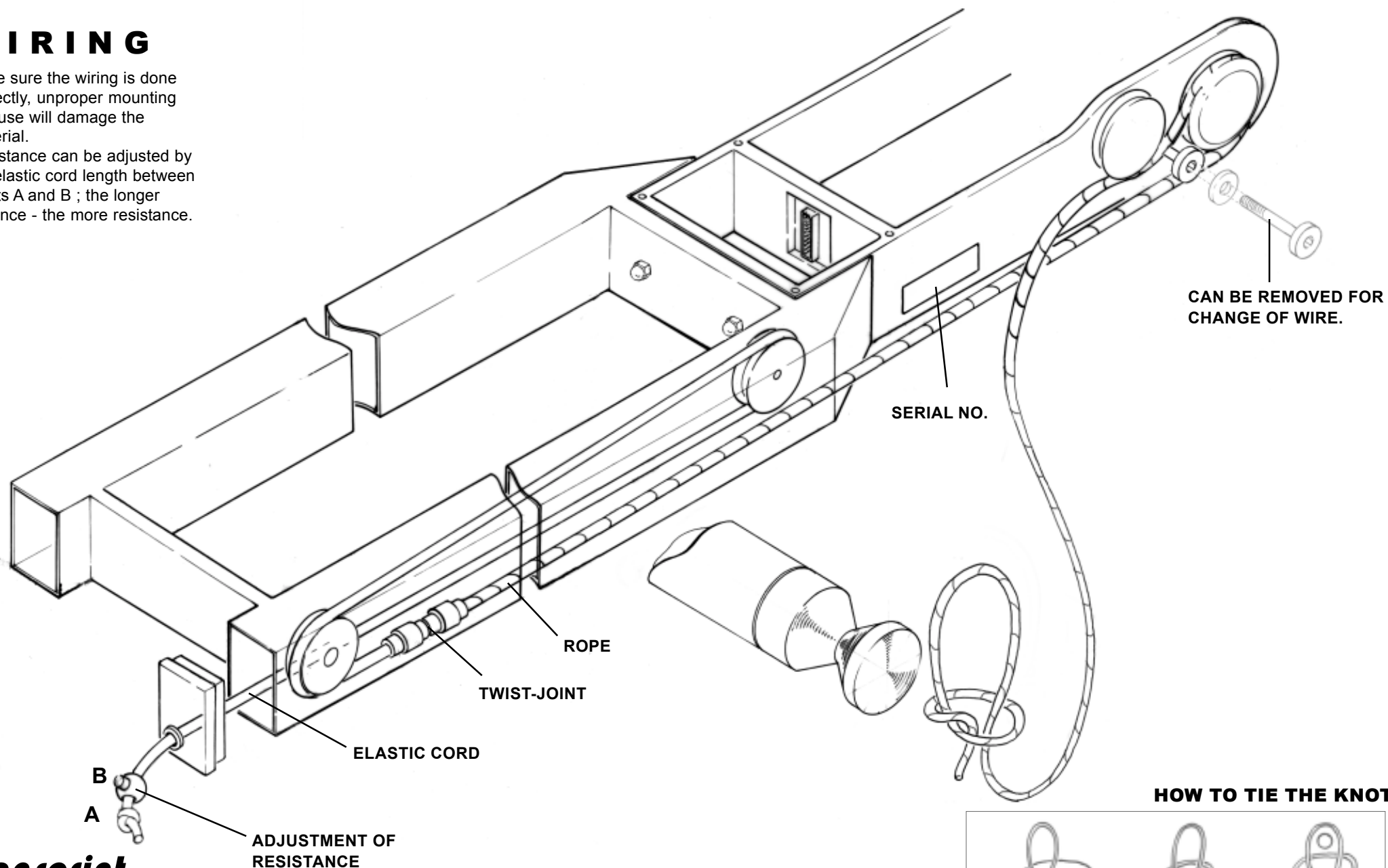
***Dansprint***

I. Bergmann A/S  
Skalbakken 9  
2720 Vanløse  
tel : + 45 38 74 88 00  
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# WIRING

Make sure the wiring is done correctly, improper mounting and use will damage the material.

Resistance can be adjusted by the elastic cord length between points A and B ; the longer distance - the more resistance.



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## HOW TO TIE THE KNOT



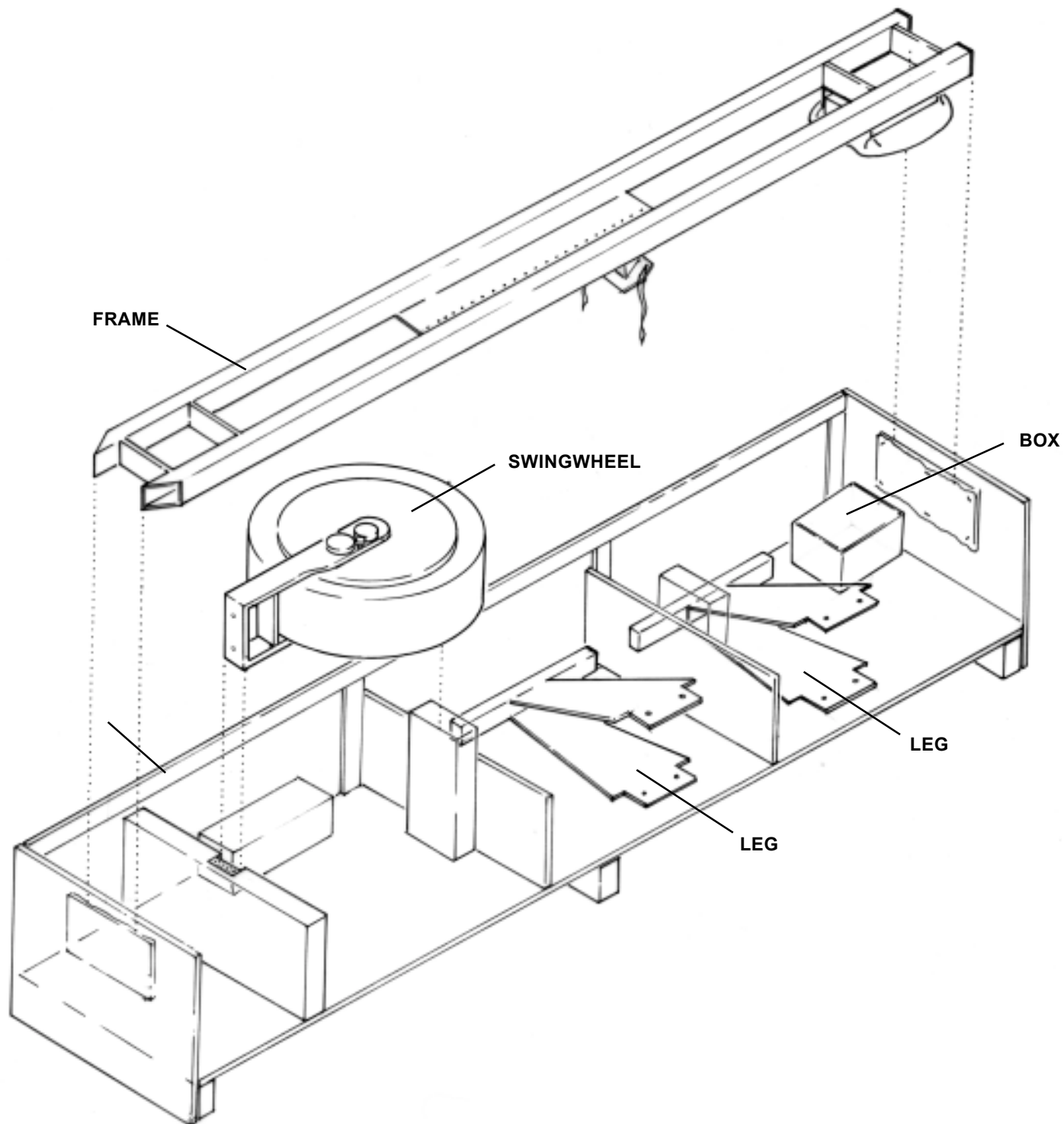
# PACKING

The ergometer is delivered in a box, containing the following items :

- 1 Frame, mounted with seat and footrest
- 1 Swingwheel front
- 2 Legs
- 1 Wire + Elastic cord
- 1 small Box containing:
  - 6,0mm unbraco key
  - 2,5mm unbraco key
  - 10/13 fork/fork key
  - 1 Computer
  - 1 Protection Lid
  - 1 Wire+Elastic cord

The ergometer is packed in a special box, designed for protection during transportation. Please keep this box for storage and transportation.

Ergometer: 40 kg  
Transportation Box: 30 kg  
Total weight: 70 kg  
Box Measure: 56x38x248cm



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