

ELLY AIR



 Manuel d'utilisation

 User's manual

 Manual de usuario

 Manuale d'uso

 Benutzerhandbuch

 Gebruikershandleiding

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SAFETY PRECAUTIONS



For your safety, please read these instructions before use !

Before assembly, inspect whether packages are in good condition and whether spare parts are complete in accordance with transport precautions and the list of spare parts.

Assembly this product properly using original parts according to the installation instruction.

Prior to exercise, make sure equipment fasteners are in locking state.

For assembly, please place the exercise elliptical trainer on a dry and flat ground.

Before starting any exercise, it is essential to consult your doctor. An excessive training or incorrectly executed may cause health issues.

This exercise elliptical trainer is only for use by one person at one time.

Use this elliptical trainer only for the purpose for which it was intended, that is sports practice exercises in pool.

Children and disabled persons shall use the equipment in the presence of adults or healthy people. Keep unsupervised children away from the equipment.

The exercise elliptical trainer has a maximum load of 150 kg.

The safety level of the equipment can be maintained only if it is examined regularly for damage and wear: the tightening of various parts, the good behavior of the frame.

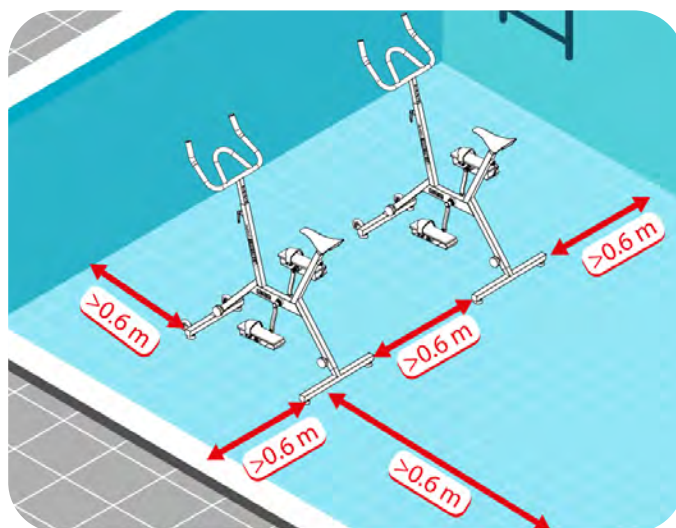
Replace defective components immediately and/or keep the equipment out of use until repair.

Use original parts to maintain your bike. Please use the attached or other appropriate tools to assemble or repair the exercise bike.

Make necessary maintenance using original spare parts.

For sustainable use of your elliptical trainer, please follow these instructions:

- Regularly check the pH of your pool water. It must be between 6.7 and 7.6.
- In case of water shock treatment, please get out the elliptical trainer from water.
- Avoid placing the elliptical trainer too close of run-back nozzle.
- Leave a free area of at least 60 cm around the product.
- Get out the elliptical trainer from water after each use and rinse with clear water.



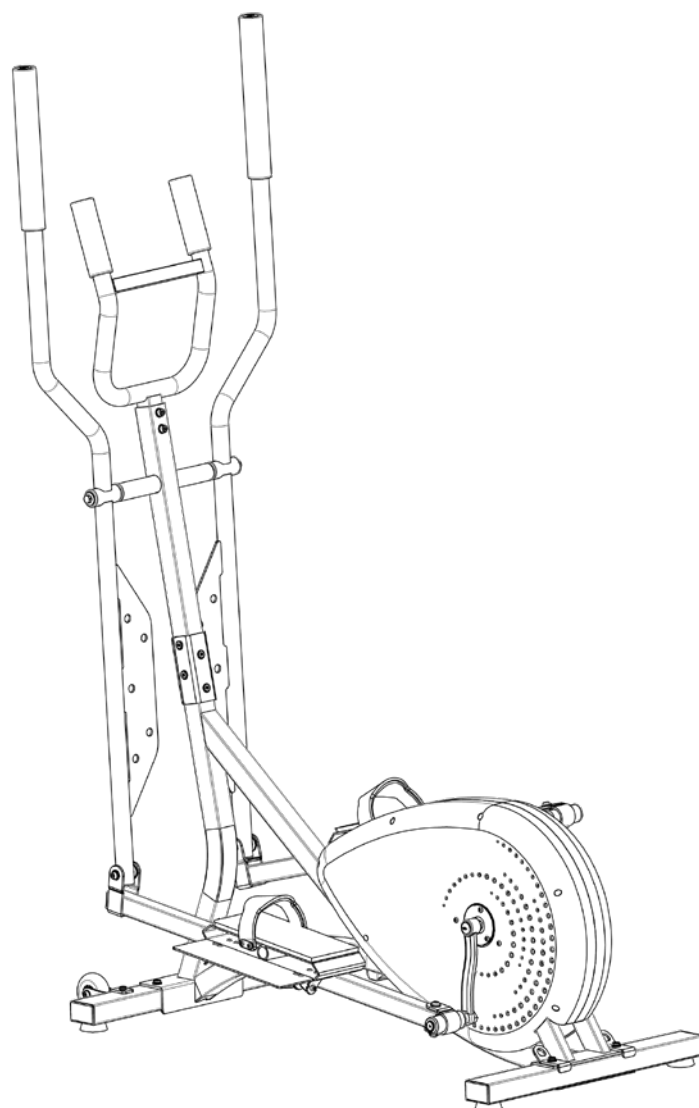
DESCRIPTION

The Elly aquatic elliptical is a complete and easy to use training machine. It combines the benefits of rowing, cross-country skiing, step skiing and cycling. The Elly makes it possible to synchronously solicit the upper and lower body. Each exercise requires about 80% of muscle mass! The secret lies in its elliptical movement designed to faithfully reproduce the natural movement of running while protecting the joints from shocks.

The Elly offers its users a fluidity of movement while allowing optimal work of the legs thanks to the tilt of the pedals and the propeller with blades hidden between the cranks. The effort is reinforced by swinging lever arms associated with large perforated blades. The Elly then creates a resistance without blocking or jerking. Thanks to its 100% stainless steel design and its anode, the Elly is compatible with all types of water (sea water, chlorinated water or bromine). Its silicone wheels make its movement very easy.

The Elly aquatic elliptical is a complete training device popular for group aquatraining classes. Coaches and physiotherapists will appreciate the proposal of a session that works the whole body - thighs, calves, glutes, abdominal belt, arms and shoulders. Users will be seduced by its simplicity of use.

The elliptical cross trainer in the pool is particularly suitable for people undergoing rehabilitation following surgery. It promotes better balance and mobility.



SPECIFICATION

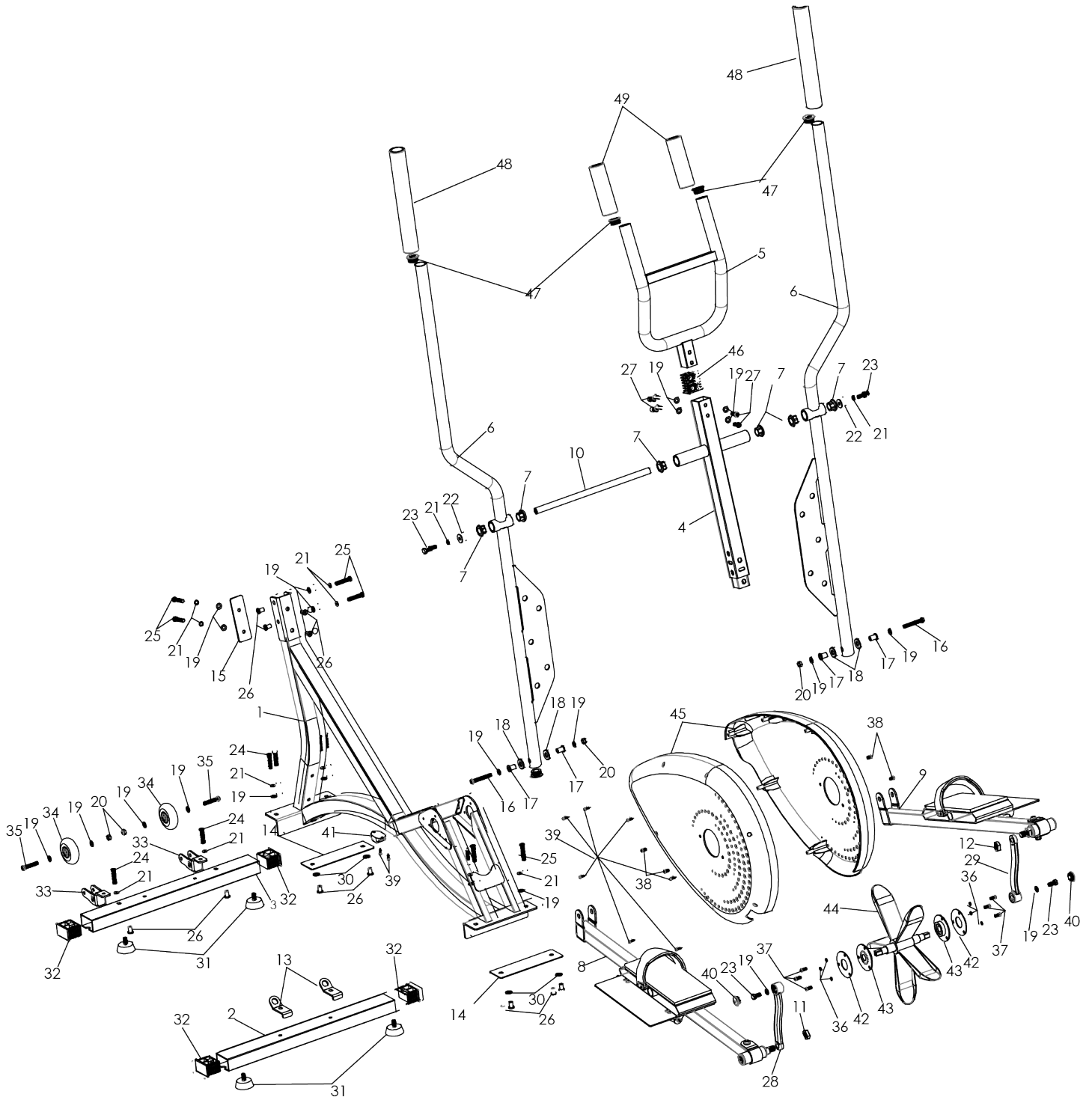
Product name	ELLY AIR
Product type	Elliptical trainer for swimming pool
Dimensions	117,5 x 55,5 x 178,5 cm
Product weight	23 kg
Kind of resistance	Hydraulic
Maximum load	100 kg
Maximum user weight	150 kg in water ¹
User size	155 - 195 cm
Depth of the pool	110 - 150 cm
Maximum basin angle	20°
Type of water treatment	Chlorine or salt
Adviced PH	6,7 - 7,6

Package contents:

- Bike components (see next page)
- Assembly tools (see next page)
- This installation and user manual

¹ Do not use out of water.

EXPLODED VIEW



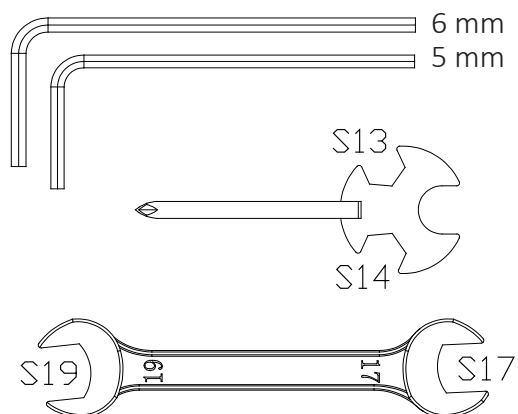
EXPLODED VIEW

N°	Description	Quantity
1	Frame	1
2	Rear foot	1
3	Front foot	1
4	Upper vertical tube	1
5	Handlebars	1
6	Support bar (L)	1
7	Nylon spacer	6
8	Left pedal	1
9	Right pedal	1
10	Rotation axle	1
11	Pedal axle locknut (a)	1
12	Pedal axle locknut (b)	1
13	Adjuster	2
14	Reinforced foot tube	2
15	Reinforced upper vertical tube	1
16	M8*60 screw	2
17	Rotating tube	4
18	Plastic washer	4
19	Flat washer ø8 (small)	14
20	M8ø nut	2
21	Spring washer ø8	10
22	Flat washer ø8 (large)	2
23	Screw M8*16	2
24	M8*40 screw	2
25	M8*45 screw	6
26	M8 screw	8
27	M8*20 screw	4
28	Crank handle (a)	1
29	Crank (b)	1
30	Flat washer ø10	4
31	Anti-slip foot	4
32	Foot plug 37x60	6
33	Caster seat	2
34	Castor	2
35	M8x45 screw	2
36	Spring washer ø6	6
37	Screw M6x16	6
38	M6x12 screw	6
39	Screw	9
40	Crank plug	2
41	Anode	1
42	Deflector	2
43	Bearing housing	2
44	Thruster	1
45	Plastic cover	1
46	Block end tube 33x33x53	1
47	Cylindrical closing tube ø32	4
48	Handlebar cover ø43x300	2
49	Handlebar cover ø43x140	2

Tools

Note: the use of these tools is reserved for the assembly of this bike.

WARNING: Keep tools out of the reach of children.



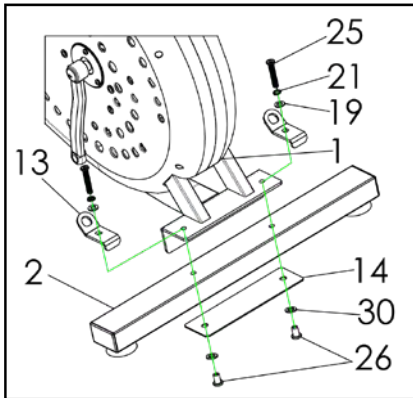
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ASSEMBLY

Follow the instructions in this manual to assemble your product.

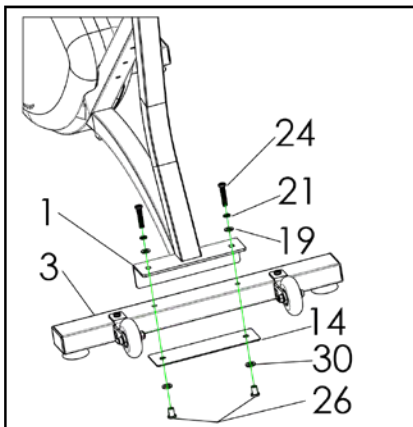
Do not get on the elliptical trainer or pedal until you have finished assembling all the components.

To assemble your product, stand on a sufficiently large, flat and dry surface.



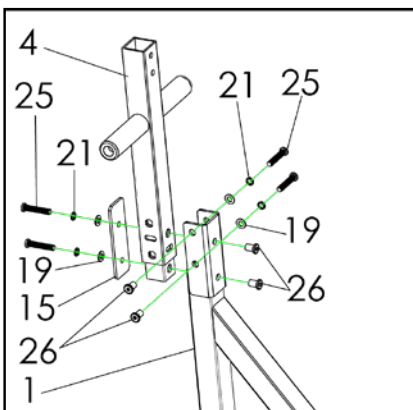
Step 1 /

1. Screw the reinforcement piece of the rear foot (14) under the rear foot (2) with the flat washers (30) and screws (26).
2. Install the rear pedestal (2) under the frame (1) using screws (25), spring washers (21), flat washers (19) and adjusters (13).



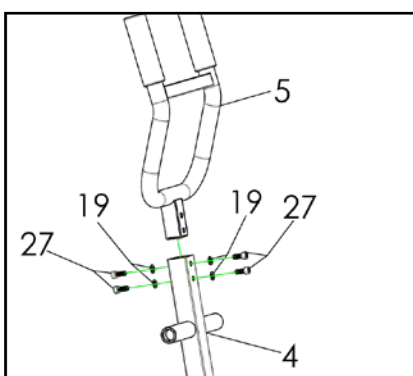
Step 2 /

1. Screw the reinforcement piece of the rear foot (14) under the front foot (3) with the flat washers (30) and screws (26).
2. Install the front foot (3) under the frame (1) with screws (24), spring washers (21) and flat washers (19).



Step 3 /

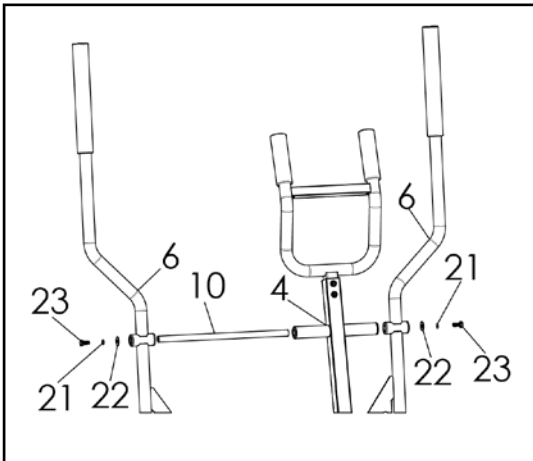
1. Screw the vertical reinforcement piece (15) onto the upper vertical tube (4) with screws (25), spring washers (21) and flat washers (19).
2. Install the upper vertical tube (4) on the frame (1) using screws (26), screws (25), spring washers (21) and flat washers (19).



Step 4 /

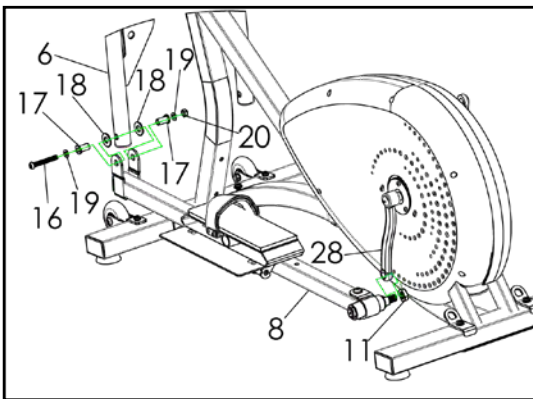
- Screw the handlebar (5) into the upper vertical tube (4) with screws (27) and flat washers (19).

ASSEMBLY



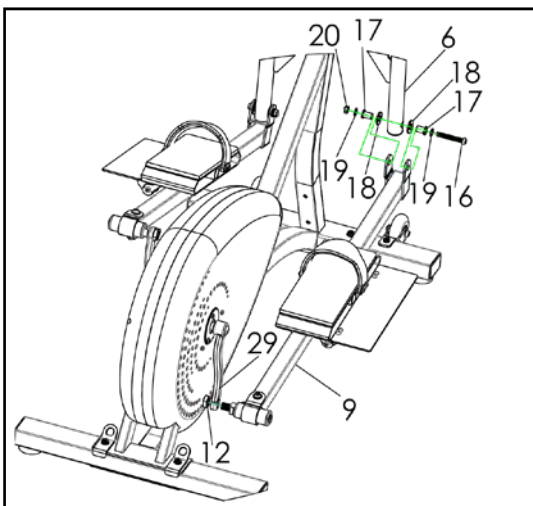
Step 5 /

1. Check that the nylon spacers (7) are correctly placed on the axis of rotation (10).
2. Install the holding arms (6) on the vertical support (4) using the rotation axis (10), screws (23), flat washers (22) and spring washers (21).



Step 6 /

1. Attach the rear of the left pedal (8) to the left crank (28) using the lock nut (11).
2. Attach the front of the left foot pedal (8) to the bottom of the left holding arm (6) using the plastic washers (18), rotating tubes (17), flat washers (19), screw (16) and nut (20).



Step 7 /

1. Attach the back of the right pedal (9) to the right crank (29) using the lock nut (12).
2. Attach the front of the right pedal (9) to the bottom of the right holding arm (6) using the plastic washers (18), rotating tubes (17), flat washers (19), screw (16) and nut (20).

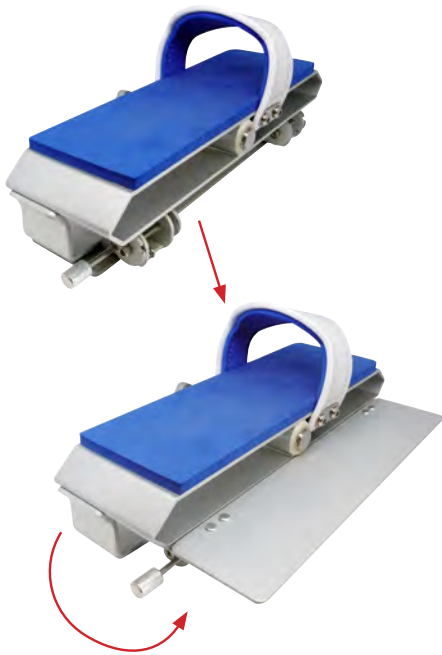
INSTALLATION

Now that you've finished assembling your elliptical, all you have to do is install it :

- » in your swimming pool,
- » on a stable, level surface,
- » with a water level sufficient to immerse three quarters of your body,
- » leaving a minimum clearance of 60 cm around the bike.

Your elliptical is ready to use! Read the instructions for use before you set off.

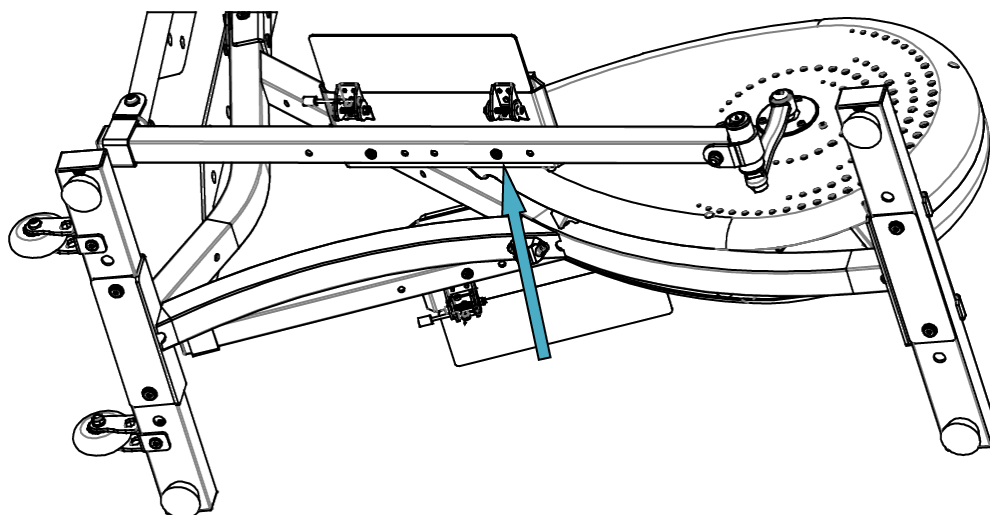
SETTING



Aqua double speed pedal

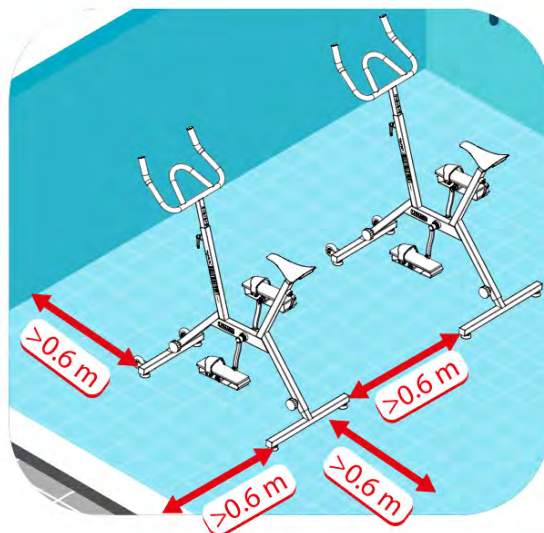
These ultra-innovative pedals use a new technology, to increase resistance for even more sport. The lateral valve folded under the pedal offers ideal resistance for warming up. To boost your training, unfold the valve in order to widen the area in contact with the water. This way you can double your effort.

To use the extra-resistance, push the latch on the side and toggle the flap on the opposite side, and release the latch.



Before you start riding, make sure that:

- The elliptical trainer is correctly assembled and installed, in accordance with the information given in these instructions.
- There is nothing to impede your movements. There should be at least 60 cm of clearance around the bike.
- There are no medical contraindications. It is advisable to consult a doctor beforehand. Injuries to health may result from incorrect or excessive training.
- The elliptical trainer is set up in the water, on a stable, horizontal surface, with a sufficient level of immersion.
- You have warmed up sufficiently.



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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.

During practice:

- Always use the foot positioning system on pedals.
- Due to the absence of a freewheel system, don't stop pedaling suddenly.
- If you experience dizziness, weakness, abnormal shortness of breath, chest pains or any other symptoms, stop immediately and consult a doctor.
- For more ideas on how to use your FALCON elliptical trainer, see our videos:



www.waterflex.fr/page/youtube

As you gain experience, you can increase the duration and intensity of the exercise as you go along. It's advisable to train at least 3 times a week.

After practice:

- Stretch to allow your muscles to relax and your cardiovascular system to calm down.
- Store your elliptical trainer according to the instructions in the section «Maintenance advices», page 24.

MAINTENANCE ADVICE

WARNING

Check the pH of the water on each utilisations. The pH water should be between 6.7 and 7.6.
Any damages caused by a wrong pH balance cancel the warranty.
(For anodized aluminum, inox parts, and silicone parts)

The elliptical trainer is made of marine quality AISI 316L stainless steel. Its anti-corrosion treatment makes it suitable for chlorinated water, seawater and thermal waters. It does not require any special care in pH-controlled water (6.7 / 7.6).

1. Remove the elliptical trainer after every use, rinse it with soft water, and wipe it.
2. Regularly check the pH of your swimming pool (pH 7.2 advisable)
3. Remove the elliptical trainer during manual dosages of chemical products or impact treatments. Keep the elliptical trainer away to avoid any splashes that can stain or any deposits (due to the concentration of chemical products).
4. Deposits of powder, salt, corrosive products that encourage the corrosion process.
5. When first cleaning the surfaces of the swimming pool (before filling it) as well as subsequent maintenance cleaning, it is advised that you remove the elliptical trainer from the pool so as to avoid any risk of stains or deposits.
6. When you are not using the elliptical trainer, it must be rinsed thoroughly with soft water, then dried and stored in a location away from chemical products, as well as equipment used for dosing chemical products for pool maintenance.
7. If there are lime-scale deposits or stains, these can be removed with a cleaner for anodized aluminum and a non-abrasive soft cloth. Then wash with clean water and dry it completely.
8. When you put the elliptical trainer on the water, hold back the elliptical trainer to prevent impact and damage to your pool or your bike.

The safety level of the equipment can only be maintained if it is regularly checked for damage and wear: pedal tightness, saddle and seat tube tightness, handlebar tightness, frame tightness.

Replace defective components immediately and/or take the equipment out of service until it has been repaired.

Use original parts to maintain your bike.

For sustainable use of your elliptical trainer, please follow these instructions :

- Regularly check the pH of your pool water. It must be between 6.7 and 7.6.
- In case of water shock treatment, please get out the elliptical trainer from water.
- Avoid placing the elliptical trainer too close of run-back nozzle.
- Leave a free area of at least 60 cm around the product.
- Get out the elliptical trainer of water after each use and rinse with clear water.

WARRANTY

Your *Waterflex* product is guaranteed against any manufacturing defect **three (3) years** for the metallic frame and six (6) months for the wear and tear parts in accordance with the terms below. This warranty runs from the date of the invoice.

The warranty is rendered null and void in the event of a repair carried out to the equipment by a person not approved by *Waterflex*. Faulty parts must be returned to *Waterflex* within the warranty period in order to be covered. The warranty does not cover labor, the cost of unauthorised replacement, or the cost of transporting the parts in question.

Are considered wearing parts: pedals (foam protection and straps), wheels, silicone feet, protection plugs, anode.

The following are expressly excluded from the warranty :

- Malfunction or damage arising from the use of unauthorised accessories.
- Damage resulting from the installation or a repair which does not comply with the safety instructions.
- Malfunction or damage resulting from the improper chemical environment in the pool.
- Defects resulting from accidents, incorrect or unreasonable use (impact, contact with chemical products, inappropriate handling), alteration as well as the consequences of the normal wear and tear of the product.

The shipping box must be kept in perfect condition throughout the duration of the warranty.
The warranty becomes void if failure to comply with this clause.

Dear customer,

A question? A problem? Or simply register your warranty, find us on our website:

<https://assistance.poolstar.fr/>

Thank you for your trust and support. Happy bathing!

Your personal information is processed in accordance with the French Data Protection Act of 06 January 1978 and will not be shared with 3rd parties.



Assistance technique - Technical support -
Asistencia técnica - Assistenza tecnica -
Technische unterstützung - Technische bijstand

www.assistance.poolstar.fr

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