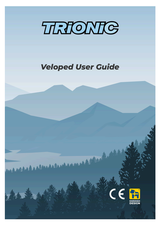
TRIONIC

Veloped User Guide



We would like to thank you for choosing a Trionic Velopeed!

Thank you for choosing our Velopeed Sport! We have developed a unique range of benefits, and we hope you will enjoy your Trionic Velopeed both off road and in the city.

By choosing a Trionic Velopeed Sport you will discover a whole range of benefits, and we hope you will enjoy your Trionic in outdoor environments and hopefully increase your quality of life.

Please read the user manual carefully, especially the safety instructions, before you assemble the Eskey mini-phone.

These operating instructions contain all the information you need for assembling and operating your Trionic Velopeed.

This user manual is intended provide all users and installers with all the information they need to safely use the product. The manual contains information on the assembly, operation, maintenance and servicing of your Velopeed. In order to make the most of the device in a sensible manner and to ensure a satisfactory reliability you should always comply with the instructions in the manual. Please make sure that the user manual can always be accessed by the user.

We reserve the rights included in the scope of delivery. We reserve the right to make changes to the versions shown in the illustrations in the case of further technical developments.

The copyright is owned by the manufacturer. The manual will be kept subject to updating service.

Reuse by third parties

If you pass on your Velopeed to a new user, please remember to pass on the user manual and all other documents relevant to ensure that the new user has the information responsible for the condition of the product when passed on to a new user.

Velopod User Guide

Trainer, Velopod 12 L

Thank you for choosing the Velopod 12 L. Read this guide carefully before first use and keep it for future reference.

Technical Data

Model	12 L
Net weight	28 kg
Max. load	120 kg
Wheel diameter	700 c
Tire width	28 mm
Frame material	Aluminium
Color	Graphite
Max. rider height	210 cm
Min. rider height	155 cm
Charging time	4 h
Range (assist mode)	90 km

Safety

- Do not exceed the maximum permissible total weight.
- Check the brakes before every ride.
- Wear a helmet and suitable clothing.
- Do not ride on the road without lights and reflectors.
- Adjust the saddle height so that your leg is slightly bent at the lowest pedal position.
- Never open the battery housing yourself.
- Keep children away from the charging station.
- Stop riding if the frame or wheels show cracks or damage.
- Use only the supplied charger.
- Do not ride in heavy rain or storms.
- Secure loose clothing so it cannot get caught in the chain.
- Switch off the motor before cleaning.
- Replace worn brake pads in time.

Assembly

1. Remove the frame from the packaging and place it on a stable surface.
2. Attach the front wheel and tighten the quick release.
3. Mount the handlebar and align it straight ahead.
4. Connect the brake cables and adjust the tension.
5. Fit the saddle and set the height.
6. Connect the battery and check all electrical connections.
7. Perform a test ride at low speed before regular use.

Maintenance

Interval	Task
Before every ride	Check tire pressure
Before every ride	Test brakes
Weekly	Clean and lubricate chain
Monthly	Check spoke tension
Monthly	Inspect frame for cracks
Every 6 months	Service gearshift and brakes
Every 12 months	Replace brake pads if worn

Correct Grip Height

How to set the correct height of your Veloped

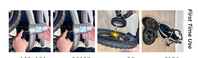
Many riders see the grip too high. A riding mat is will promote a more upright posture. But it will also increase the pressure, and it affects the stability negatively.

You can determine the correct Veloped grip height by the help of a measuring method by an physiotherapists and at rookie / manufacturers:

1. Stand upright with your back as straight as possible, with your shoes or and with your weight evenly distributed on both legs of your body (elbow slightly bent).
2. Measure the distance from the floor to the wrist bone / recommended grip height.

With the grips at wrist height:

- You do not have to raise your shoulders, which results in a more relaxed position of your body weight.
- You do not have to tilt the head and eye, which results in a more upright body position.
- A more annual weight distribution.
- Improved stability, especially the stability and the brake performance.



Walking Mode

Unfold the stopper by pulling the stroller handles outwards, away from each other.

Check that the released locks in walking mode when unfolding to make sure you hear a click from the telescopic way locking into position.

The seat can be slid forward and rearward. Push it forward to obtain maximum walking space.

Before using the seat, reaching the basket or folding the release pull the seat rearwards.

Folding the Vestpod

A pit for what not to wear.

Finish that fashion on the cheap? Spend thirty minutes into
sleeves designed for function (cashew) and the style can (in the)
bin? Well, what's not to love about the Vestpod? Its the perfect
place for a nap (and most) that's how comfortable (spacious)

Motion Bridge

The Motion Bridge connects the Motion Sensor to the Lighting Controller. Whenever motion is detected, the Bridge sends a signal to the Lighting Controller to turn on the Porch Light. If no motion is detected for a set amount of time, the Bridge sends a signal to the Lighting Controller to turn off the Porch Light.

Porching Bridge

Porch A front porch, usually attached to the house, that provides a covered entrance and often includes seating or decorative features.

Porcher A person who delivers mail, typically to residential homes, and is employed by a postal service

Cargo manifest adjustment

Please mark cross-dock release waiver by docking them
separately.
Please mark cross-dock release waiver by docking them separately.
Manifest docking fee must accompany any cross-dock re-
lease waiver request.
Please mark cross-dock release waiver by docking them separately. Manifest docking fee must accompany any cross-dock release waiver request.

Grip Angle Adjustment

The angle of the grips can be adjusted so that you get a comfortable hand position and an optimal support.

1. Loosen the screw on the rear end of the grip with a 4 mm Allen key.

2. Turn/rotate the grip to your chosen angle.

3. Tighten the screw on the rear end of the grip with a 4 mm Allen key.

Removing/Installing the Rear Wheels

- The rear wheels are mounted to a hydraulic suspension system.
- To remove the rear wheel, place the large hydraulic jack under the center of the rear axle housing.
- Raise the jack and lift the rear of the vehicle until the tires are approximately 6 inches off the ground.
- Support the vehicle under the chassis on a set of jack stands.
- Remove the lug nuts and pull the wheel straight off the hub.
- To install, reverse the procedure and torque the lug nuts to 90 ft-lbs in a star pattern.

Brake Adjustment

- The rear brakes are self-adjusting.
- Check the brake pedal travel after every 500 miles of driving.
- If the pedal feels spongy or travels more than halfway to the floor, have the brakes bled and inspected for leaks.
- Never adjust the parking brake cable by hand; use the adjusting nut on the equalizer.

Removing/Installing the Front Wheel

Flat front wheel (emergency or temporary)
Axle nut (M22 in 2010+, 24mm on 2009)
Cotter pin (if the castellated nut is secured by one)
Axle nut wrench (if the vehicle has one)
Jack (hydraulic floor jack or bottle jack)
Jack stands (at least 2)
Wheel chocks
Torque wrench (capable of 80 ft-lbs)
Grease (wheel bearing)

Park on level ground, set the parking brake, and chock the rear wheels. Loosen the axle nut while the wheel is still on the ground — it's much easier to break it free with the weight of the vehicle on the tire. Jack the front of the vehicle up and place a jack stand under the frame rail behind the front wheel. Remove the axle nut and pull the wheel straight off the spindle, keeping the brake rotor and caliper clear.

Air Pressure

Change Front Wheel Setting

This wheel has two different settings one for easy steering and one for direction steady mode. There is an adjustment handle on the front wheel, placed between the wheels, that can be shifted between these two settings.

Easy-steering mode/Lower position

Offers easy turning with increased climbing capacity

Direction-steady mode/Upper position

Offers increased climbing capacity, suspension on uneven surfaces and a higher directional stability. The transport is more difficult to lower, but it performs better off-road.

1. Turn the front wheel 180 degrees for easier access to the adjustment handle.

2. Hold the left wheel with your left hand and lift the transport front end slightly off the ground.

3. While holding the dropped lifted with your left hand, grip the adjuster handle with your right hand, and pull it outwards towards you.

4. Release the lock knob, and it will spring back and lock the front wheel to your chosen setting.

Pronouncing Electricity the Dialect

The Lowest of the Dialect Lowland Scots Pronouncing Electricity A Tale in Lowland Scots Pronouncing Electricity Dialect Lowland Scots Pronouncing Electricity Tale Pronouncing Electricity Lowland Scots Pronouncing Electricity Dialect Pronouncing Electricity Tale Pronouncing Electricity Lowland Scots Pronouncing Electricity Dialect

Removing/Installing the Seat

The Cockpit's riding seat is comprised of a seat base and a removable cover fixed with nine push buttons.

1. Hold the seat cover with the text "Front" to the right. Insert the short flap between the "Windows" strip and the seat base.

2. Attach the three front push buttons of the long flap to the seat base.

3. Attach the nine push buttons on the short flap onto the long flap.

4. Finally, press the three last push buttons of the long flap onto the short flap.

Clearmeadow

Public Library Volunteer Shift Guide

Welcome to the Clearmeadow Public Library volunteer program! Volunteers help us run Saturday programs, keep the shelves tidy, and welcome visitors. This guide explains how shifts work, what we ask of you, and how to get the most out of your time with us.

Getting Started

Before your first shift, you'll need to complete a short orientation with a librarian. We'll cover the basics of the catalog, the checkout desk, and where to find things. Orientation usually takes about an hour and can be scheduled at any time the library is open.

- Bring a photo ID for your volunteer badge.
- Read the Volunteer Handbook (available at the front desk or online).
- Sign up for at least one shift per month.
- Let us know your availability at least two weeks in advance when possible.

Shift Types

We have several kinds of shifts to choose from:

- **Desk shifts** — greeting visitors, checking out books, and answering simple questions.
- **Shelving shifts** — returning books to the right spot and keeping the stacks neat.
- **Program shifts** — helping with story hour, craft afternoons, and summer reading events.
- **Outreach shifts** — visiting the senior center and the Maplewood retirement community.

Service Instructions

- Be kind to everyone who walks through the door, even if they're in a hurry or having a bad day.
- Ask a librarian if you're not sure what to do with a strange item. It's better to check than to guess.
- Keep your phone on silent and out of sight while you're on the desk.
- Report any damaged books or broken equipment to the staff member on duty.
- Lock the back door behind you when you leave after a morning shift.

Safety Instructions

- Never lift more than you're comfortable carrying. Ask for help with heavy boxes.
- Wash your hands after shelving anything that's been outside.
- Keep aisles clear — don't leave your cart blocking the way.
- Know the location of the first-aid kit and the nearest exit.
- Report any injury, however small, to a librarian before you leave.

Label

The stakpad is tested and approved according to the requirements in the Machinery Directive 2006/42/EC and it meets the requirements of the EU regulation for medical devices 2017/745.

The user's weight may not exceed 150 kg.

1. Product name
2. Article number
3. Model
4. Serial number
5. Manufacturer's name
6. Manufacturer's date
7. Read the instruction manual
8. CE-label
9. Do not use if package is damaged
10. Keep dry
11. Keep away from sunlight
12. Fragile
13. Protect from moisture
14. Stacking limit
15. Temperature limitation
16. Medical device
17. Unique device identifier
18. Keep upright
19. Keep out of reach of children
20. Keep out of direct heat sources
21. Do not step
22. Recyclable
23. Material information
24. Keep clean
25. Do not sit
26. Environmentally Friendly
27. Temperature limitation
28. Manufacturer's name and address

Environmentally Friendly

The Tronic Ietspad is manufactured in the way to focus as little negative impact on the environment as possible during the whole lifecycle of the product has served its purpose. It is also packaged in recyclable materials.

- The product's aluminium components are separated from the remaining parts when sorted for recycling. The parts are sorted into metal, plastic and mixed materials.
- The greater part of the product is made of aluminium, steel and plastic.
- Some electrical components made of mixed materials are the brake levers, wheels and pedals.
- If you are uncertain of how to handle the recyclable material, please contact your local recycling facility, reference number/sorting code/ same how different recycling methods.

Tronic Svenge AB is a member of Repair Ltd Ireland and robust manufacturing and complies with the European Directive on Packaging and Packaging Waste dated December 20 1994.

Volleyball Video Production Demonstrations

Volleyball video production demonstrations are a powerful tool for showcasing the skills and talent of volleyball players, coaches, and teams. These videos can be used for a variety of purposes, including recruiting, training, and promotional materials. In this article, we will explore the different types of volleyball video production demonstrations, their benefits, and how to create them.

How to find the volleyball field on my device?

To find the volleyball field on your device, you can use a mapping or navigation app, such as Google Maps or Apple Maps. Simply enter the name of the volleyball field or the address of the location where it is situated, and the app will provide you with directions to get there. You can also use the app to search for nearby volleyball fields if you are looking for a specific type of field or location.

How to adjust the brightness on my television?

To adjust the brightness on your television, you can typically use the remote control that came with your device. Look for a button that has a sun or a light bulb icon on it, and press it to access the brightness settings. You may be able to adjust the brightness level using the arrow keys or a slider on the screen. If you are unable to find the brightness settings on your remote control, you can also try accessing the settings menu on your television and looking for the brightness option there.

Read more: **@ Kenya Lindsey**

@ Kenya Lindsey

Certificate of
Guarantee

Trionic Australia c/o Lightwave
Technology Pty Ltd
PO Box 97
Keilor MDC Victoria
Australia
sales@trionic.com.au
1300 88 76 46
TRIONIC