

FONCTIONNEMENT

PRO-4 DC COMPUTER

1. Brancher la machine en prenant le soin d'insérer à fond dans le socle connecteur de la machine.
2. Brancher sur le réseau de distribution.
3. L'ampère de la lampe de lecture s'ajuste en fonction du nombre de lettres à lire.
4. La machine fonctionne de façon précise et rapide à vitesse maximale réglable sans aucun réglage pendant la course en sautoir à tout point dans la ligne (sans avoir à la faire intervenir).



OPERATION

PRO-4 DC COMPUTER

1. Connect the foot control, pushing the plug well into the machine plug-in.
2. Plug in the power lead.
3. The speed of the sewing foot is 0 to 100 cm/min.
4. The machine speed selector knob is capable to set the maximum speed desired, either before or during sewing by moving the knob between the foot (maximum) and the pressure foot (minimum).

PRO-4 DE ELECTRONIC

1. Brancher la pédale en prenant le soin d'insérer à fond dans le socle connecteur de la machine.
2. L'ampère de la lampe de lecture s'ajuste en fonction du nombre de lettres à lire.
3. L'intensité de lecture maximale se commande l'augmentation du courant. Cependant il peut varier la machine en fonction du nombre de lettres à lire.
4. La pédale électronique commande la machine et la vitesse de lecture. Plus on presse sur la pédale plus la vitesse augmente. Appuyer avec tout le pied ou pas seulement avec la partie du pied.

PREPARATION POUR L'ENFILAGE

Disque supports-bobines

1. Deux disques supports-bobines sont fournis avec la machine. Placez-les sur les supports-bobines comme illustré dans le manuel pour les instructions.

Tip guide fit

10. Tour le tip guide (pointeur) dans la position que vous souhaitez et insérer l'aiguille dans le trou correspondant.



Cônes et couvercles porte-bobines

11. Trois cônes utilisés avec les bobines de 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260, 270, 280, 290, 300, 310, 320, 330, 340, 350, 360, 370, 380, 390, 400, 410, 420, 430, 440, 450, 460, 470, 480, 490, 500, 510, 520, 530, 540, 550, 560, 570, 580, 590, 600, 610, 620, 630, 640, 650, 660, 670, 680, 690, 700, 710, 720, 730, 740, 750, 760, 770, 780, 790, 800, 810, 820, 830, 840, 850, 860, 870, 880, 890, 900, 910, 920, 930, 940, 950, 960, 970, 980, 990, 1000, 1010, 1020, 1030, 1040, 1050, 1060, 1070, 1080, 1090, 1100, 1110, 1120, 1130, 1140, 1150, 1160, 1170, 1180, 1190, 1200, 1210, 1220, 1230, 1240, 1250, 1260, 1270, 1280, 1290, 1300, 1310, 1320, 1330, 1340, 1350, 1360, 1370, 1380, 1390, 1400, 1410, 1420, 1430, 1440, 1450, 1460, 1470, 1480, 1490, 1500, 1510, 1520, 1530, 1540, 1550, 1560, 1570, 1580, 1590, 1600, 1610, 1620, 1630, 1640, 1650, 1660, 1670, 1680, 1690, 1700, 1710, 1720, 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Scott C. Dulebohn



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web followed when building the content of sets and the practice the steps outlined below are appropriate for the sets and how those sets fit into the total time frame of a training session will be suggested four usrpt sets for four sessions and two sets per session for the remainder if the swimmers are judged to be adapting well increase

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web two example sets are 112 x 25 fs at 200 pace on 30 seconds and within the usrpt set failed and recovery repetitions do not contribute to the total yardage at race pace but successful repetitions after a failed and recovery repetition do silverman 1996 summarized very useful guidelines for developing skilled behaviors within

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