

# **bico**

SWISS SINCE 1861

## **Bedienungsanleitung**

bico-flex® 21  
Modelle O, A und B

## **Mode d'emploi**

bico-flex® 21  
Modèles O, A et B

## **Istruzioni per l'uso**

bico-flex® 21  
Modelli O, A e B

# Inhaltsverzeichnis

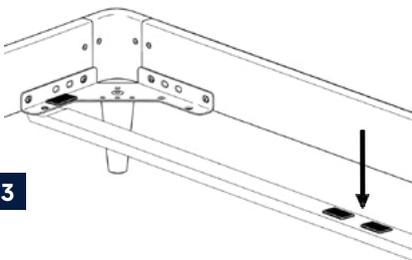
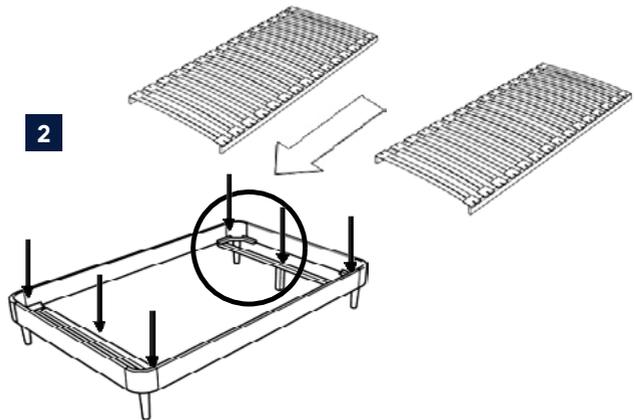
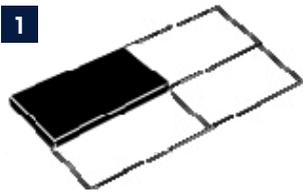
<b>Deutsch</b>	<b>3</b>
Verstellbarkeiten	5
<b>Français</b>	<b>7</b>
Réglage	9
<b>Italiano</b>	<b>11</b>
Regolazione	13

# Vielen Dank!

Wir danken Ihnen für den Kauf Ihres bico-flex®. Sie haben sich für ein ausgezeichnetes Produkt entschieden. Bitte lesen Sie diese Bedienungsanleitung vor der Inbetriebnahme. Sollten Sie Fragen hinsichtlich der Bedienung oder zu den Funktionen haben, wenden Sie sich bitte an Ihren BICO Händler.

## bico-flex® - alle Modelle

1. Anti-Rutschpad
2. Anti-Rutschpad, vor dem Einlegen des Einlegerahmens auf die Auflegewinkel des Bettrahmens kleben
3. Ab zwei einzelnen Einlegerahmen zusätzliche Anti-Rutschpad in der Mitte anbringen



## Die richtige Schlafposition

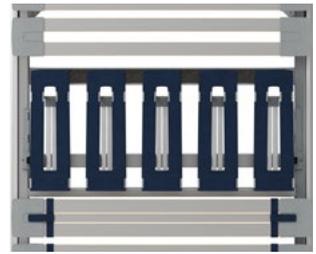
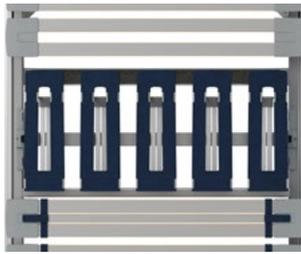
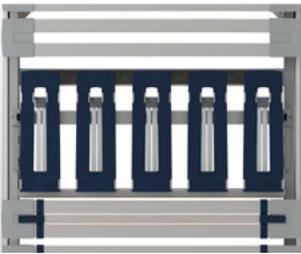


## Verstellbarkeit Schulterzone

Stufe 0 - dura

Stufe 1 - medium

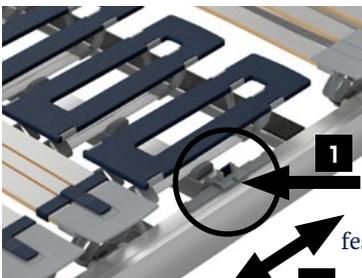
Stufe 2 - soft



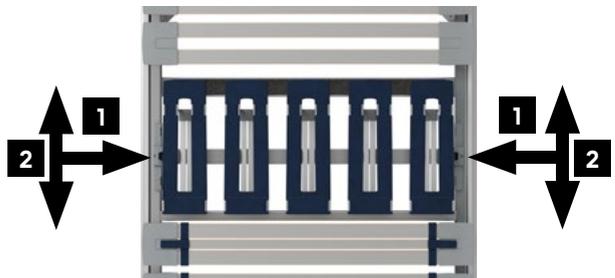
Geringe  
Schulterentlastung:  
Kompakter  
Liegekomfort

Normale  
Schulterentlastung

Sehr hohe  
Schulterentlastung:  
Breite Schulterpartie/  
Seitenschläfer



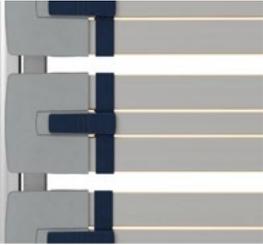
fester  
weicher



1. Knopf an beiden Seiten nach innen verschieben
2. Mit beiden Händen gleichzeitig verschieben
3. Knopf wieder fixieren

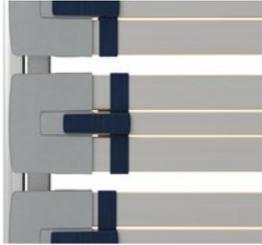
# Verstellbarkeit Lordose und Hüfte

Stufe 0 - dura



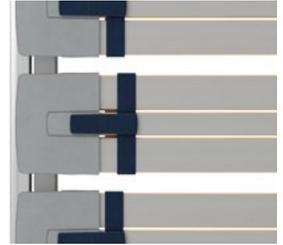
Schwerere Personen:  
80-100 kg

Stufe 1 - medium

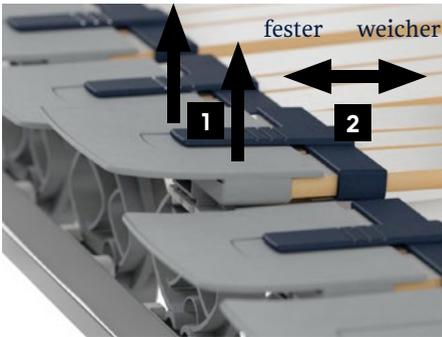


Mittelschwere Personen:  
60-80 kg

Stufe 2 - soft

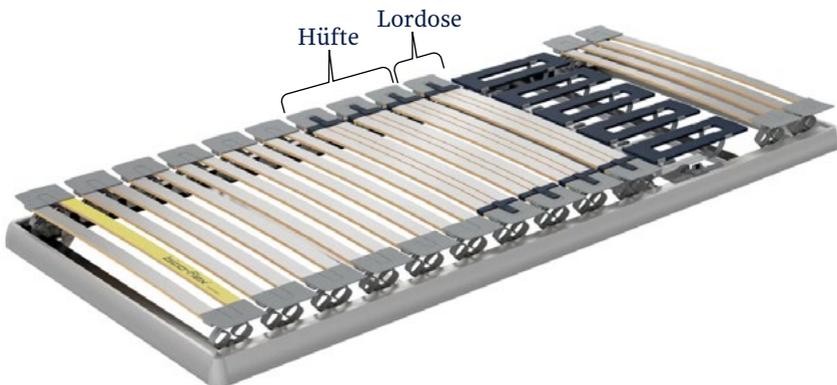


Leichtere Personen:  
40-60 kg



Gleichzeitig:

1. Graue Kappe beidseitig anheben
2. Mit zweiter Hand blauen Schieber in die Mitte des Rahmens ziehen



# **Merci beaucoup**

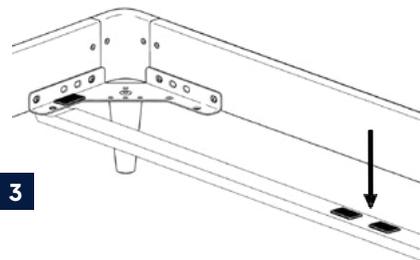
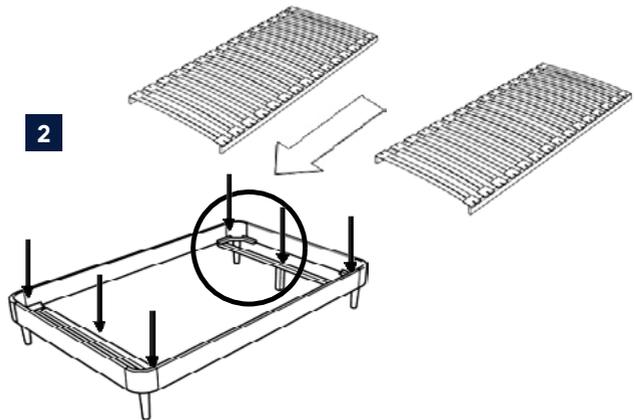
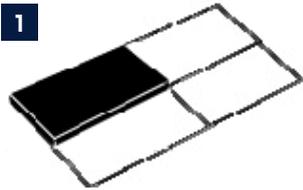
pour l'achat de votre bico-flex®!

Vous avez choisi un excellent produit.

Veillez lire ce mode d'emploi avant la mise en service. En cas de questions concernant l'utilisation ou les fonctions, veuillez vous adresser à votre revendeur BICO

## Tous modèles bico-flex®

1. Adhésifs antidérapants
2. Coller les adhésifs antidérapants sur les angles d'appui, avant de mettre le sommier dans le cadre du lit
3. À partir de deux sommiers, fixer des adhésifs antidérapants supplémentaires au centre

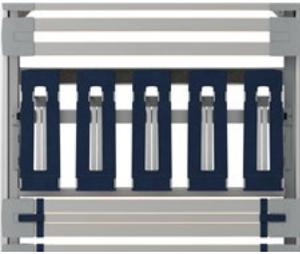


## La bonne position de sommeil



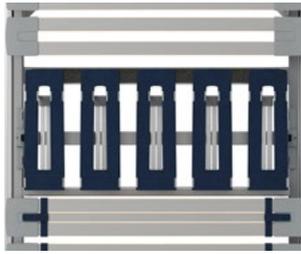
## Réglage de la zone des épaules

Position 0: dura



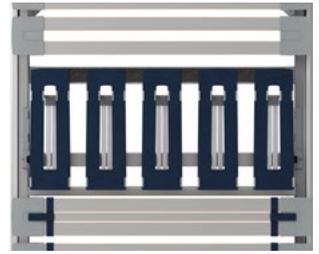
Faible soulagement des épaules: confort de couchage très ferme

Position 1: medium

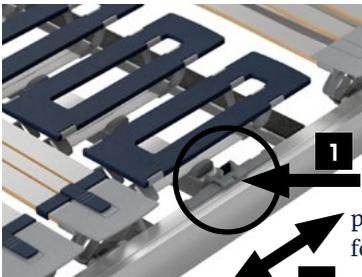


Soulagement normal des épaules

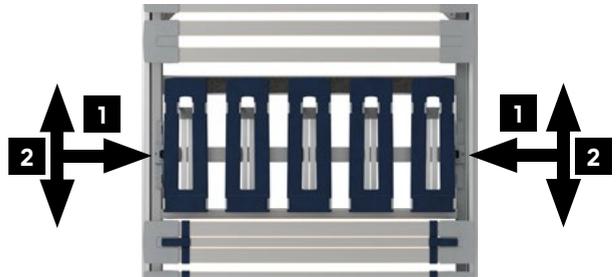
Position 2: soft



Soulagement intense des épaules: personnes aux épaules larges/qui dorment sur le côté



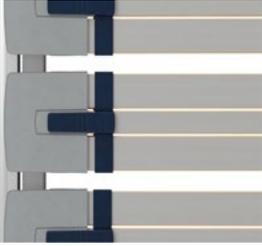
plus ferme  
plus souple



1. Repousser les boutons vers l'intérieur des deux côtés
2. Les déplacer simultanément à l'aide des deux mains
3. Bloquer à nouveau les boutons

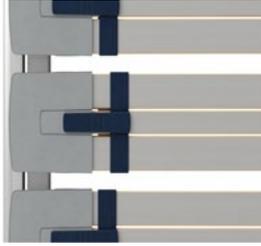
## Réglage de la zone lombaire/hanches

Position 0: dura



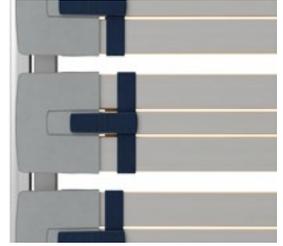
Personnes lourdes  
80-100 kg

Position 1: medium

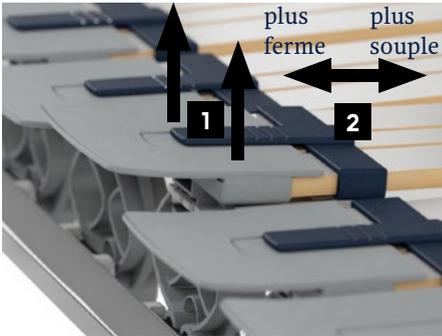


Personnes de poids moyen  
60-80 kg

Position 2: soft

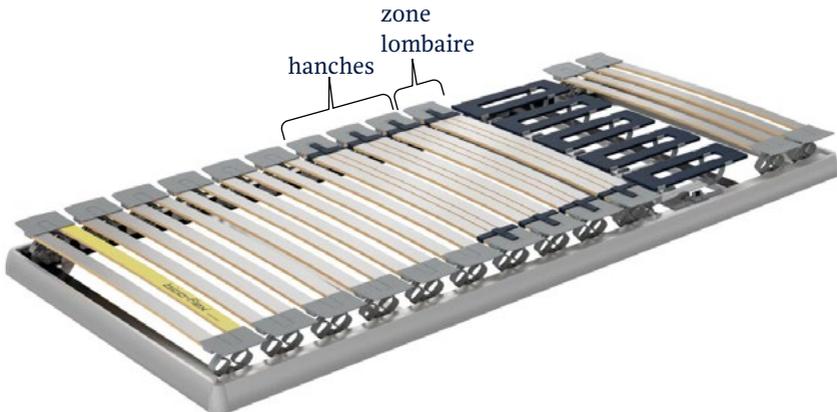


Personnes légères  
40-60 kg



Simultanément:

1. Relever l'embout gris latéral
2. De l'autre main, tirer le curseur bleu vers le centre du sommier



# Vi ringraziamo

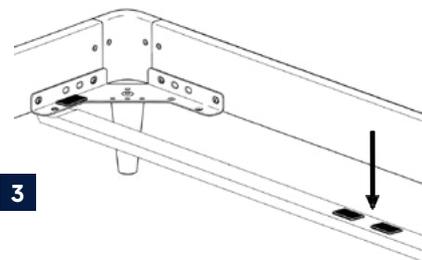
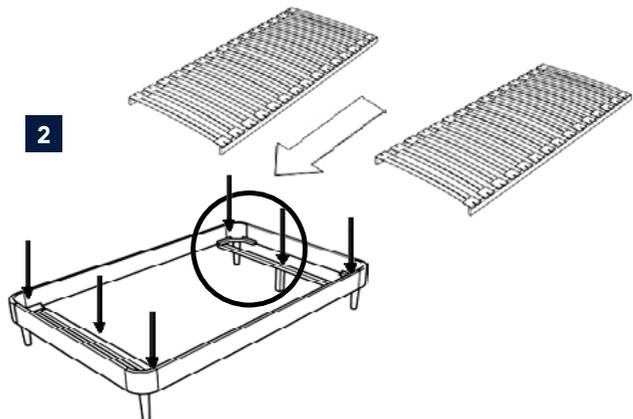
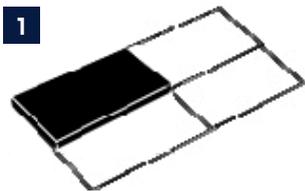
per aver acquistato il vostro bico-flex®!

Avete scelto un prodotto eccellente.

Vi preghiamo di leggere le presenti istruzioni per l'uso prima della messa in servizio. Per eventuali domande in merito all'uso o alle funzioni, rivolgetevi al vostro rivenditore BICO.

## Tutti i modelli bico-flex®

1. Adesivi antiscivolo
2. Applicare gli adesivi antiscivolo sugli angolari di appoggio prima di inserire la rete
3. A partire da due reti singole, fissare gli adesivi antiscivolo supplementari al centro

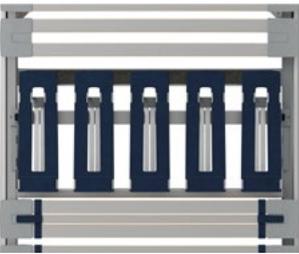


## La giusta posizione di sonno



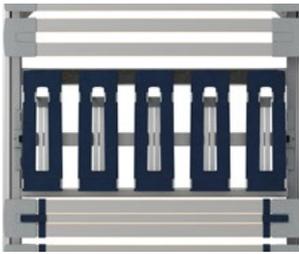
## Regolazione della zona spalle

Posizione 0: dura



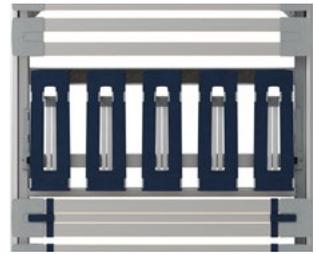
Lieve alleggerimento delle spalle: comfort d'appoggio compatto

Posizione 1: medium

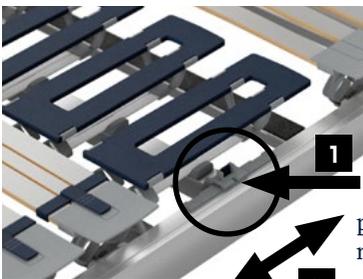


Alleggerimento normale delle spalle

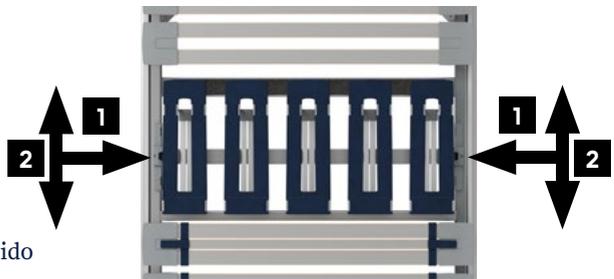
Posizione 2: soft



Alleggerimento intenso delle spalle: persone con le spalle larghe/che dormono sul fianco



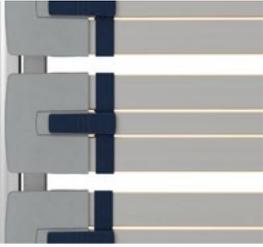
più morbido  
più rigido



1. Spingere i pulsanti verso l'interno su entrambi i lati
2. Spolarli contemporaneamente con entrambe le mani
3. Bloccare di nuovo i pulsanti

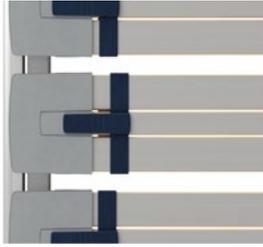
## Regolazione della zona lombare e delle anche

Posizione 0: dura



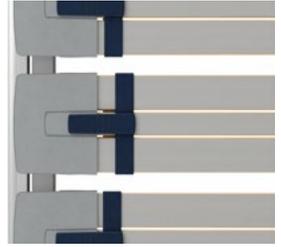
Persone pesanti  
80–100 kg

Posizione 1: medium

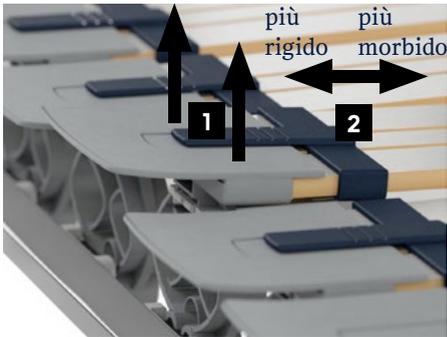


Persone di peso medio  
60–80 kg

Posizione 2: soft



Persone leggere  
40–60 kg



Contemporaneamente:

1. Sollevare il cappuccio grigio laterale
2. Con l'altra mano, tirare il cursore blue verso il centro del telaio

