



# COUGAR Pedal Power Generator



The PowerPlus Cougar uses an efficient pedal generator for electricity generation to charge its 7Ah/12V VRLA Power Centre. The Cougar can also be charged by included AC-charger or DC-Car charger (not included). The Cougar is specifically designed for exercise, energy saving, environmental protection, and emergency. It allows you to use all electrical applications up to 100 watts wherever you are. The Cougar can power charge batteries, mobile phones, CD players, I-pod, MP3, MP4, PDA, PS3, Digital Cameras, Shavers, Gameboys, Mini speakers, Notebooks, Digital video's, Electric fans, desk lamps etc.

### Product functions:

- Rechargeable by pedalling
- Can be used to charge a wide range of electrical appliances
- 3 way power output: Power Centre: AC Power: 230V (Max. 100Watt), DC: 12V and USB
- Powerful, 9 Led integrated Flashlight
- Lightweight only 4.8 kg
- Integrated storage case to store adapters and connectors
- Rechargeable with POWERplus DC-charger (not included - available at [www.powerplusadapter.com](http://www.powerplusadapter.com))
- Can charge rechargeable AA and AAA batteries directly by battery charger box (not included - available at [www.powerplusadapter.com](http://www.powerplusadapter.com))
- Full power indication LED's

### Product features:

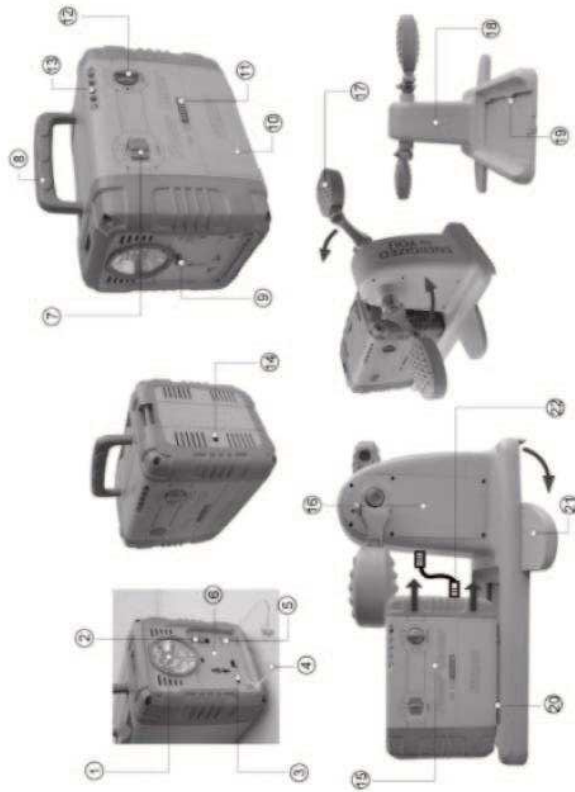
- Pedal for power generation
- 230 Volt power available (Max 100 Watt)
- Can be used to charge a wide range of electrical appliances
- Low winding noise
- 3-way Power output

### USER MANUAL:

#### 1. Charging

A. Pedalling  
Place the Power Centre in the Pedal Power Generator cradle (picture F) and slide it (20) softly in the direction of the pedals (picture D) until it locks Pull out the supports (14) from underneath both sides of the Pedal power Generator (picture D). Connect the power cable into the DC-Out (18) of the Pedal Power Generator and into the DC-In of the Power Centre (14) (picture D). The complete unit is now ready for charging. Rotate the pedals with a speed of 45-90 rotations per minute, either forwards or backwards. The Power Capacity LED's (13) Red and Green will illuminate and indicates the exact amount of power going into the Power Centre. The Power Centre is completely loaded when all 4 green LED's are illuminated. The Power Capacity LED's will only illuminate during charging.

Note: During charging, the Green LED will flicker, as the power input of the pedal unit will vary. It will take 8-10 hours of pedalling to fully charge the battery.



- 1) LED light
- 2) DC Voltage selection
- 3) AC Power (Output)
- 4) Protective cover
- 5) DC-Jack (Output)
- 6) USB port (Output)
- 7) LED light on/off switch
- 8) Handle
- 9) Open/close (cover)
- 10) Storage
- 11) Storage switch
- 12) AC/DC power selection
- 13) Power capacity light
- 14) DC-In
- 15) Power station
- 16) Power bike
- 17) Pedal
- 18) DC-out (power bike)
- 19) Shelf position (power bike)
- 20) Shelf position (powerstation)
- 21) Support
- 22) Power cable

## WARNING

**Do not charge powerbank from mains power and use AC-function on powerbank at same time!  
This may cause overheating!**



### B. By AC-Charger

Connect the AC-Charger to the mains. Connect the other end of the AC-Charger into DC-in of the Power Centre (14). The red LED on the Power Capacity LED will illuminate during charging. The Power Centre is completely loaded when all 4 green LED's are illuminated.

### C. By DC-Car Charger (optional)

Connect the DC-Charger into the car cigarette charger. Connect the other end of the DC-Charger into DC-in of the Power Centre (14). The red LED on the Power Capacity LED will illuminate during charging. The Power Centre is completely loaded when all 4 green LED's are illuminated.

#### 2. Use of the LED light

After charging is complete, disconnect the Power Centre. For use of the LED light, turn the light switch (7). You can select to use 5 or 9 LED's.

#### 3. Use of the Power Centre

Use the AC/DC Power selection (12) to choose the suitable power you want to use. After selecting the AC power function the RED LED will illuminate. You can use now any 230 Volt appliances under 100 Watts. After selecting the DC power function the GREEN led will illuminate. You can charge now any application from 3-12 Volt with DC or USB connection.

Turn on the open/close switch (9) to open the protective cover (4) of the Power Centre.

AC-power output (3): Able to supply electricity to AC 230V appliances under 100 Watt  
DC-power output (5): Choose with the DC-voltage selection (2) the correct voltage. Connect the charge connector to the DC output (5)  
USB-power output (6): Connect your USB-charging cable to the USB output port (6)

#### Power information of the Power Centre fully charged

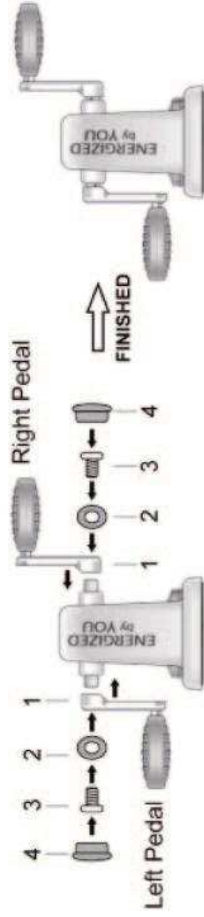
Electrical Products	Using time	Electrical Products	Using time
5 pcs LED light	85 Hours	9 pcs LED light	40 Hours
2W Night Light	30 Hours	15W CD Player	4 Hours
18W Desk Lamp	3 Hours	40W 14" TV	90 Minutes
55W Fan	75 Minutes	70W Notebook	55 Minutes
75W 21" TV	3	100 Watt Lamp	20 Minutes
Mobile Phone DC 4.2V 1000mAh	15 cycles	Digital Camera DC 3.7V 1100mAh	15 cycles

#### 4. Storage cabin

Turn the switch (11) to open the cabin.

#### 5. Installation of the pedals

Install the pedal with mark L (Left) at the left side of the Cougar and the pedal with mark R (Right) at the right side of the Cougar. The mark on the pedal should match the arrow on the Power Centre. Install the pedals according to the image below.



#### Note:

- Connect the cable's correctly
- Always use the pedal consistently. Pedalling too slowly may reduce the current and prolong charging time required (Ensure charging indicator is illuminated)
- Do not place the device in very high temperatures or very humid environments
- Use only the charging cable included
- Pedal the product a least once per month to prolong the life of the internal battery
- Do not shine LED lights directly in eyes under any circumstances

#### Main Technical Parameters:

Item	Parameter	Unit	Item	Parameter	Unit
AC-Charger	100-240	Volt	Charging time fully charged by AC	7	Hours
Input	15	Volt	Charging time fully charged by pedalling 8-10	15	Hours
Output	2	A	Pedal output	12	Volt
Ampere	3 - 4.5 - 6 - 9 - 12	Ah	Battery (Lead Acid)	7	A
Output capacity	7	Ah	Maximum charging power	1000	mAh
			Overcharge protection	Yes	

## COUGAR Trap Power Generator



De PowerPlus Cougar maakt gebruik van een efficiënte trap generator voor het opladen van de 7Ah/12V VRLA Power Center. De Cougar kan tevens worden opgeladen door middel van de bijgeleverde AC-lader of een optionele 12 Volt lader. De Cougar is specifiek ontworpen voor het uitvoeren van oefeningen, energiebesparing, ter bescherming van het milieu en noodsituaties. Met de Cougar beschikt u altijd over stroom voor al uw apparatuur tot 100 Watt waar u ook bent.

De Cougar is in staat batterijen, mobiele telefoons, CD players, I-pod, MP3, MP4, PDA, PSP3, Digital Camera's, Scheerapparaten, Gameboys, Mini speakers, Notebooks, Digital video's, Elektrische fans, lampen etc. op te laden of van stroom te voorzien.

### Product functies:

- Oplaadbaar door middel van fietspeddel
- Kan worden gebruikt voor het opladen van een grote diversiteit aan elektrische apparatuur
- Pedal power output 15 Volt
- 3 way power output Power Center : AC Power 220V (Max 100Watt), DC 12V and USB
- Krachtige geïntegreerde zaklamp
- Lichtgewicht slechts 4,8 kg
- Geïntegreerde opslagruimte voor snoeren en adapters
- Oplaadbaar door middel PowerPlus DC sigarettenaansteker lader ( niet bijgesloten en verkrijgbaar op [www.powerplusadapter.com](http://www.powerplusadapter.com))
- Direct opladen van batterijen door middel van BatteryUnit ( niet bijgesloten en verkrijgbaar op [www.powerplusadapter.com](http://www.powerplusadapter.com))
- Indicatie LED's voor aflezen power niveau

### Product toepassingen:

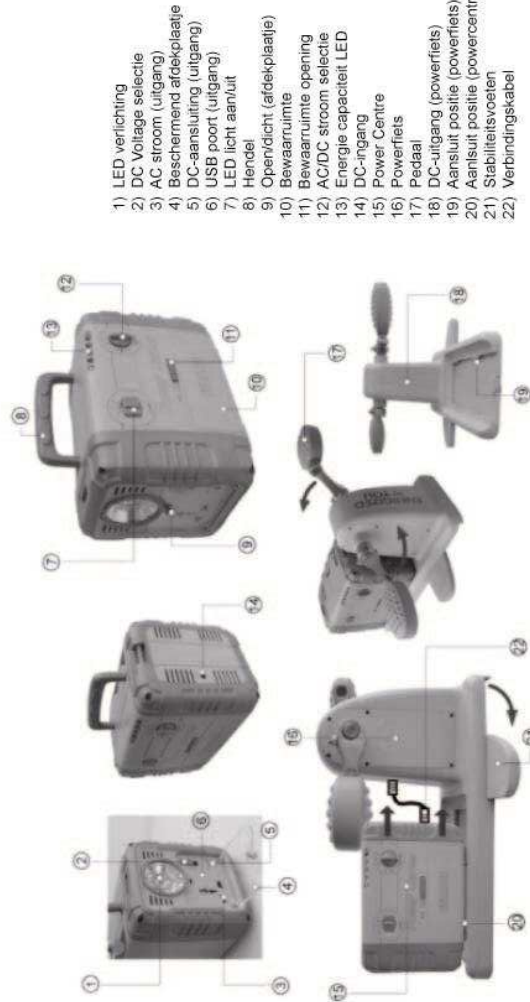
- Trappen voor het opwekken van stroom
- 220 Volt beschikbaar door middel van krachtige ingebouwde omvormer
- Kan worden gebruikt voor het opladen van een grote diversiteit aan elektrische apparatuur
- Output 220V, DC (diverse voltages) en USB

### GEbruikSHANDLEIDING:

#### 1. Opladen

A. Trappen  
Plaats de Power Center in de rails van de Power Generator (picture F) en schuif deze (20) voorzichtig in de richting van de pedalen (picture D) tot deze vast klikt. Schuif de houders (14) van de Power Generator aan de onderkant naar buiten (picture D). Sluit de laadkabel aan op de DC-Out aansluiting (18) van de Power Generator en op DC-in van het Power Center (14) (picture D). De Trap Power Generator is nu klaar voor gebruik. Roteer de trappers met een snelheid van 45-90 omwentelingen per minuut vooruit of achteruit. The Power Capacity LED's (13) (Rood en Groen) zullen oplichten en geven aan hoever het Power Center is opgeladen (Groen). The Power Center is volledig geladen als alle 4 groen LED's oplichten. De groene LED's branden alleen bij het opladen van het Power Center.

Attentie: Gedurende het laden door middel van de trappers zullen de groene LED's fllikeren ten gevolge van de ongelijkmatige laadstroom van de pedalen. Het volledig opladen van de PowerBank duurt 8-10 uur.



## WAARSCHUWING

Gebruik de 220 Volt functie van de Powerbank niet tegelijk met het laden van de Powerbank met de AC-lader. Dit kan oververhitting veroorzaken !



B. Door middel van de AC-lader  
Plug de AC-lader in het stroomcontact. Sluit de andere kant van de oplaadkabel van de AC-lader aan in de DC-in van Power Center (14). De rode Led van de Power Capacity LED zal gaan branden. The Power Center is volledig geladen indien alle 4 groene indicatie LED's branden.

C. Door middel van DC-Auto lader (optioneel)

Sluit de DC-laadkabel aan op de auto sigaretten lader. Sluit de andere kant van de oplaadkabel van de DC-laadkabel aan in de DC-in van Power Center (14). De Rode Led van de Power Capacity LED zal gaan branden. The Power Center is volledig geladen indien alle 4 groene indicatie LED's branden.

### 2. Gebruik van de LED-zaklamp

Deze functie alleen gebruiken na het opladen van het Power Center. Voor het activeren van de zaklamp gebruik de switch (7). U kunt kiezen tussen 5 of 9 LED's.

### 3. Gebruik van het Power Center

Kies met behulp van de AC/DC Power selectieknop (12) de laadstroom die u wenst te gebruiken. Indien u kiest voor AC Power dan zal de LED lamp rood gaan branden. U kunt nu 230 Volt apparatuur aansluiten tot 100 Watt. Indien u kiest voor DC Power dan zal de groene Led gaan branden. U kunt nu apparatuur van 3-12 Volt aansluiten op de DC-uitgang of de USB-uitgang.

Draai het klemmetje (9) van het beschermplaatje open (4) van de Power Center.

AC-power output (3) : Voor het aansluiten van AC 220V apparatuur onder 100 Watt

DC-power output (5) : Kies met behulp van de DC-voltage selection (2) het juiste voltage. Sluit de laadkabel aan op de DC output (5)

USB-power output (6) : Sluit uw USB-kabel aan op de USB output port (6)

Gebruikstijd van diverse apparatuur bij volledig geladen Power Center :

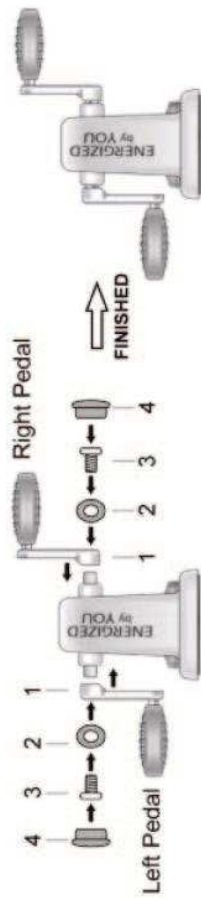
Elektrisch apparaat	Gebruikstijd	Elektrisch apparaat	Gebruikstijd
5 pcs LED light	85 Ur	9 pcs LED light	40 Ur
2W Nacht lamp	30 Ur	15W CD Player	4 Ur
18W Lamp	3 Ur	40W 14" TV	90 Minuten
55W Fan	75 Minuten	70W Notebook	55 Minuten
75W 21" TV	35 Minuten	100 Watt Lamp	20 Minuten
Mobiele telefoon DC 4.2V 1000mAh	15 keer	Digital Camera DC 3.7 1100mAh	15 keer

### 4. Opslag ruimte

Schuif de switch (11) voor het openen van de opslagruimte.

### 5. Installatie van de trappers

Installeer het pedaal met markering L (Links) aan de linker kant van de Cougar en het pedaal met markering R (Rechts) aan de rechterzijde. De groene markering op de trapper moet overeenkomen met de markering op het Power Center.



### Belangrijk

- Sluit de kabels altijd correct conform de gebruiksaanwijzing aan.
- Gebruik geen overmatige kracht op de trappers. Te langzaam trappen levert een lage laadstroom op en verlengt de laadtijd. Trap met een snelheid van 40-90 omwentelingen. Bij efficiënt laden zullen de LED indicatoren oplichten.
- Plaats de Trap Power Generator niet in de volle zon of een vochtige omgeving.
- Gebruik alleen de bijgeleverde laadkabels of accessoires verkrijgbaar op [www.powerplusadapter.com](http://www.powerplusadapter.com)
- Laad het Power Center minimaal 1 keer paar maand op door middel van de Trap Generator
- Schijn niet direct in uw ogen of de van uw omstanders

Belangrijke technische gegevens:

Item	Parameter	Unit	Item	Parameter	Unit
AC-Lader	100-240	Volt	Laadtijd volledig laden AC	7	Uur
Input	15	Volt	Laadtijd volledig laden door middel van trappen	8-10	Uur
Output	3	A	Output Trap Generator	15	Volt
Ampère	2	A	Batterij ( Loodbatterij)	12	Volt
Output capaciteit batterij	3 – 4,5 – 6 – 9- 12	Volt		7	A
	7	Ah		2,5	KG
			Maximale laad capaciteit	1000	mAh
			Overlaad bescherming	Ja	

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**Product functions:**

- Rechargeable by pedalling
- Can be used to charge a wide range of electrical appliances
- 3 way power output: Power Centre: AC Power: 230V (Max. 100Watt), DC: 12V and USB
- Powerful, 9 Led integrated Flashlight
- Lightweight only 4.8 kg
- Integrated storage case to store adapters and connectors
- Rechargeable with POWERplus DC-charger (not included - available at [www.powerplusadapter.com](http://www.powerplusadapter.com))
- Can charge rechargeable AA and AAA batteries directly by battery charger box (not included - available at [www.powerplusadapter.com](http://www.powerplusadapter.com))
- Full power indication LED's

**Product features:**

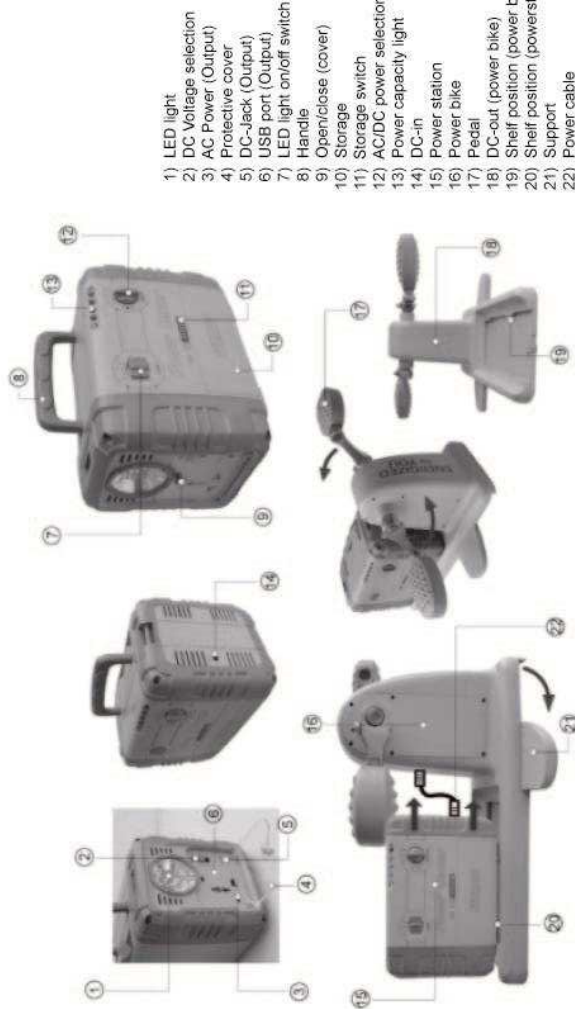
- Pedal for power generation
- 230 Volt power available (Max 100 Watt)
- Can be used to charge a wide range of electrical appliances
- Low winding noise
- 3-way Power output

**USER MANUAL:**

**1. Charging**

A. Pedalling  
Place the Power Centre in the Pedal Power Generator cradle (picture F) and slide it (20) softly in the direction of the pedals (picture D) until it locks Pull out the supports (14) from underneath both sides of the Pedal power Generator (picture D). Connect the power cable into the DC-Out (18) of the Pedal Power Generator and into the DC-In of the Power Centre (14) (picture D). The complete unit is now ready for charging. Rotate the pedals with a speed of 45-90 rotations per minute, either forwards or backwards. The Power Capacity LED's (13) Red and Green will illuminate and indicates the exact amount of power going into the Power Centre. The Power Centre is completely loaded when all 4 green LED's are illuminated. The Power Capacity LED's will only illuminate during charging.

Note: During charging, the Green LED will flicker, as the power input of the pedal unit will vary. It will take 8-10 hours of pedalling to fully charge the battery.



- 1) LED light
- 2) DC Voltage selection
- 3) AC Power (Output)
- 4) Protective cover
- 5) DC-jack (Output)
- 6) USB port (Output)
- 7) LED light on/off switch
- 8) Handle
- 9) Open/close (cover)
- 10) Storage
- 11) Storage switch
- 12) AC/DC power selection
- 13) Power capacity light
- 14) DC-in
- 15) Power station
- 16) Power bike
- 17) Pedal
- 18) DC-out (power bike)
- 19) Shelf position (power bike)
- 20) Shelf position (powerstation)
- 21) Support
- 22) Power cable

**WARNING**

**Do not charge powerbank from mains power and use AC-function on powerbank at same time!  
This may cause overheating!**



**B. By AC-Charger**

Connect the AC-Charger to the mains. Connect the other end of the AC-Charger into to DC-in of the Power Centre (14). The red LED on the Power Capacity LED will illuminate during charging. The Power Centre is completely loaded when all 4 green LED's are illuminated.

**C. By DC-Car Charger (optional)**

Connect the DC-Charger into the car cigarette charger. Connect the other end of the DC-Charger into to DC-in of the Power Centre (14). The red LED on the Power Capacity LED will illuminate during charging. The Power Centre is completely loaded when all 4 green LED's are illuminated.

**2. Use of the LED light**

After charging is complete, disconnect the Power Centre. For use of the LED light, turn the light switch (7). You can select to use 5 or 9 LED's.

**3. Use of the Power Centre**

Use the AC/DC Power selection (12) to choose the suitable power you want to use. After selecting the AC power function the RED Led will illuminate. You can use now any 230 Volt appliances under 100 Watts. After selecting the DC power function the GREEN led will illuminate. You can charge now any application from 3-12 Volt with DC or USB connection.

Turn on the open/ close switch (9) to open the protective cover (4) of the Power Centre.

AC-power output (3): Able to supply electricity to AC 230V appliances under 100 Watt  
DC-power output (5): Choose with the DC-voltage selection (2) the correct voltage. Connect the charge connector to the DC output (5)  
USB-power output (6): Connect your USB-charging cable to the USB output port (6)

**Power information of the Power Centre fully charged**

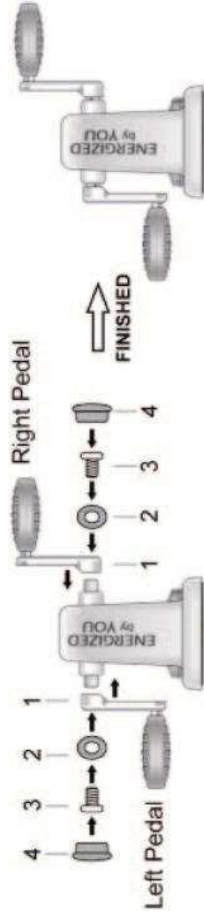
Electrical Products	Using time	Electrical Products	Using time
5 pcs LED light	85 Hours	9 pcs LED light	40 Hours
2W Night Light	30 Hours	15W CD Player	4 Hours
18W Desk Lamp	3 Hours	40W 14" TV	90 Minutes
55W Fan	75 Minutes	70W Notebook	55 Minutes
75W 21" TV	3	100 Watt Lamp	20 Minutes
Mobile Phone DC 4.2V 1000mAh	15 cycles	Digital Camera DC 3.7V 1100mAh	15 cycles

**4. Storage cabin**

Turn the switch (11) to open the cabin.

**5. Installation of the pedals**

Install the pedal with mark L (Left) at the left side of the Cougar and the pedal with mark R (Right) at the right side of the Cougar. The mark on the pedal should match the arrow on the Power Centre. Install the pedals according to the image below.



**Note:**

- Connect the cable's correctly
- Always use the pedal consistently. Pedalling too slowly may reduce the current and prolong charging time required (Ensure charging indicator is illuminated)
- Do not place the device in very high temperatures or very humid environments
- Use only the charging cable included
- Pedal the product a least once per month to prolong the life of the internal battery
- Do not shine LED lights directly in eyes under any circumstances

**Main Technical Parameters:**

Item	Parameter	Unit	Item	Parameter	Unit
AC-Charger	100-240	Volt	Charging time fully charged by AC	7	Hours
Input	15	Volt	Charging time fully charged by pedalling 8-10	15	Hours
Output	2	Volt	Pedal output	12	Volt
Ampere	3 - 4.5 - 6 - 9 - 12	A	Battery (Lead Acid)	7	A
Output capacity	7	Ah	Maximum charging power	1000	mAh
			Overcharge protection	Yes	

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- 2) DC Voltage selection
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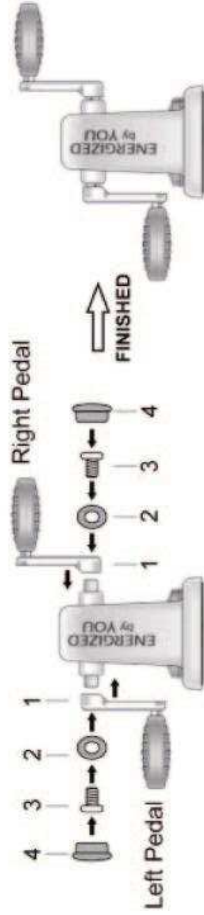
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			Overcharge protection	Yes	