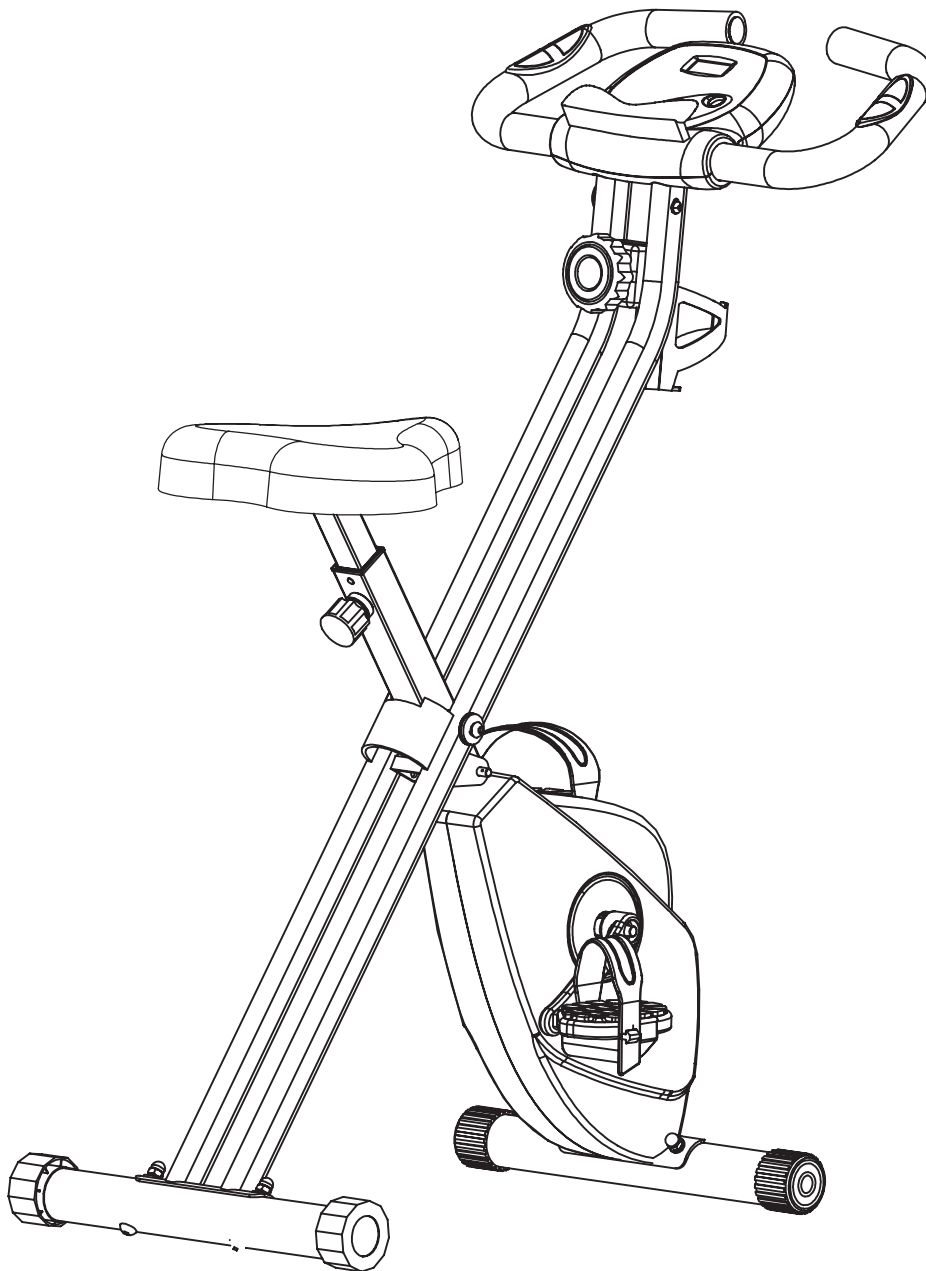


virtuafit

Folding Bike with Tablet holder

User manual



For questions or missing parts please contact Fitness Benelux:



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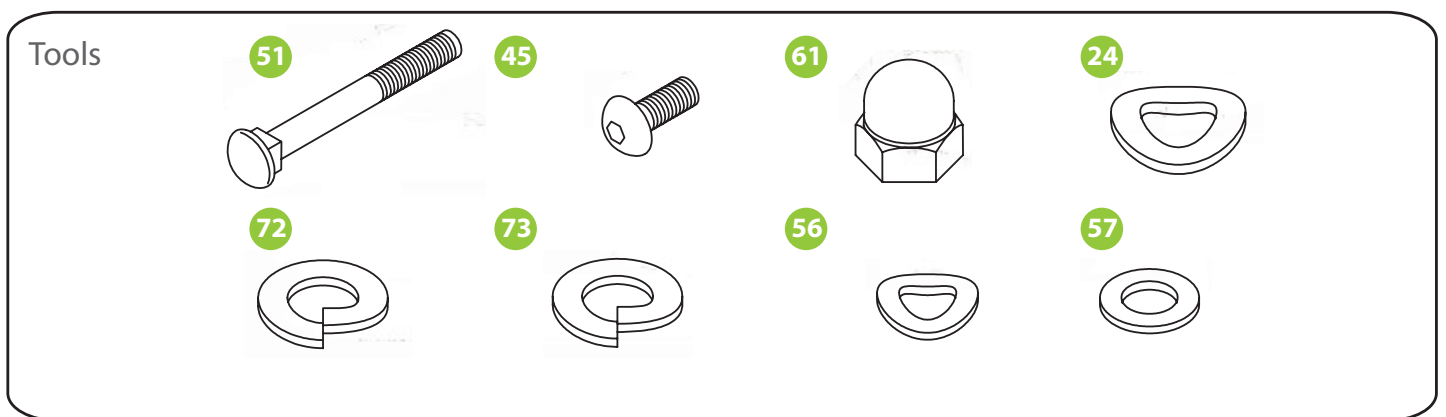
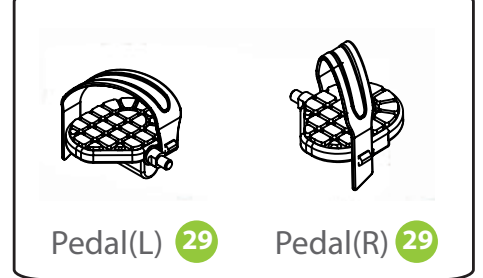
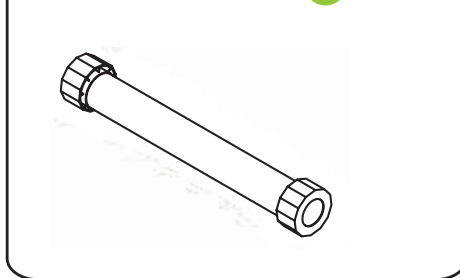
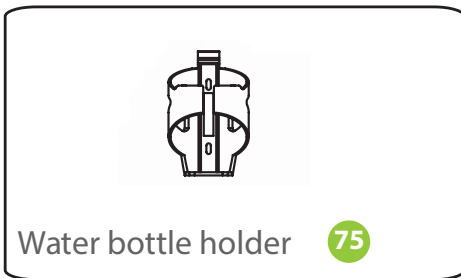
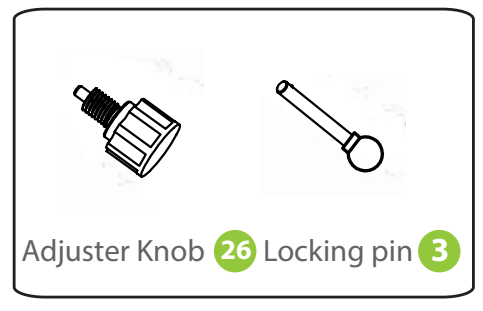
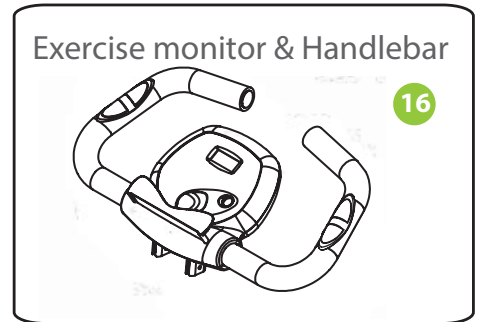
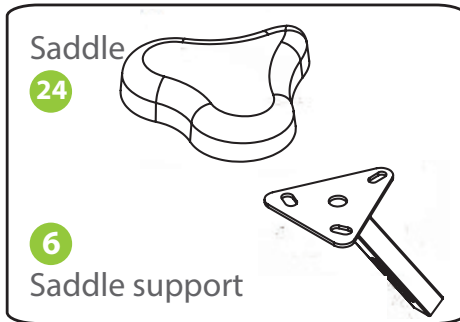
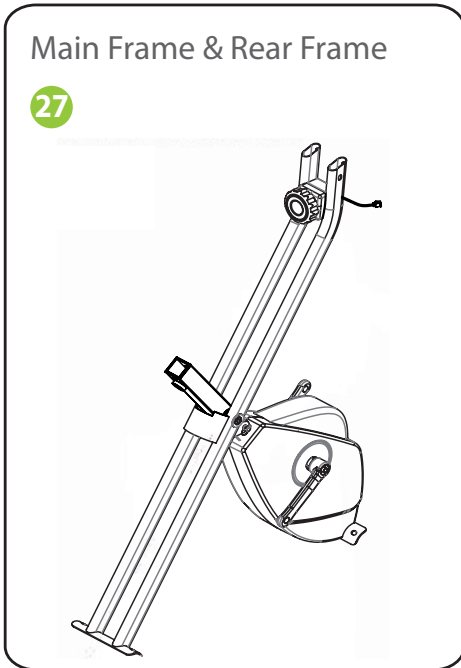
WARNING: Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

WARNING: A heart rate monitor may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!

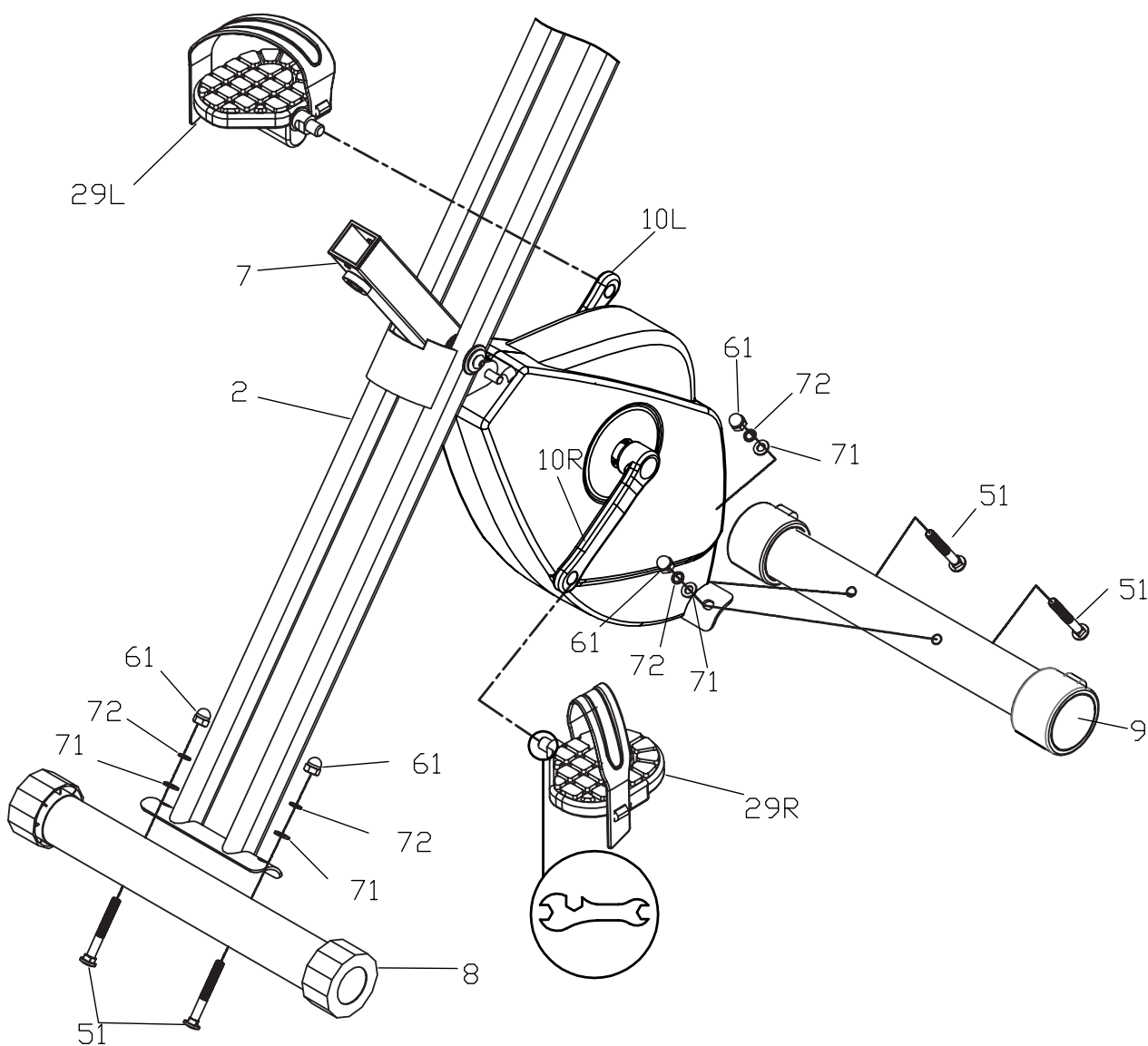
<p>Conformity This product conforms to: (EN 957-1 & EN 957-5), HOME USE – Class (C). It is NOT suitable for therapeutic purposes.</p>	<p>Weight Limit 220 LBS / 15.6 Stones / 100 KG or less.</p>
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When you open the carton, you will find the below parts in the carton:



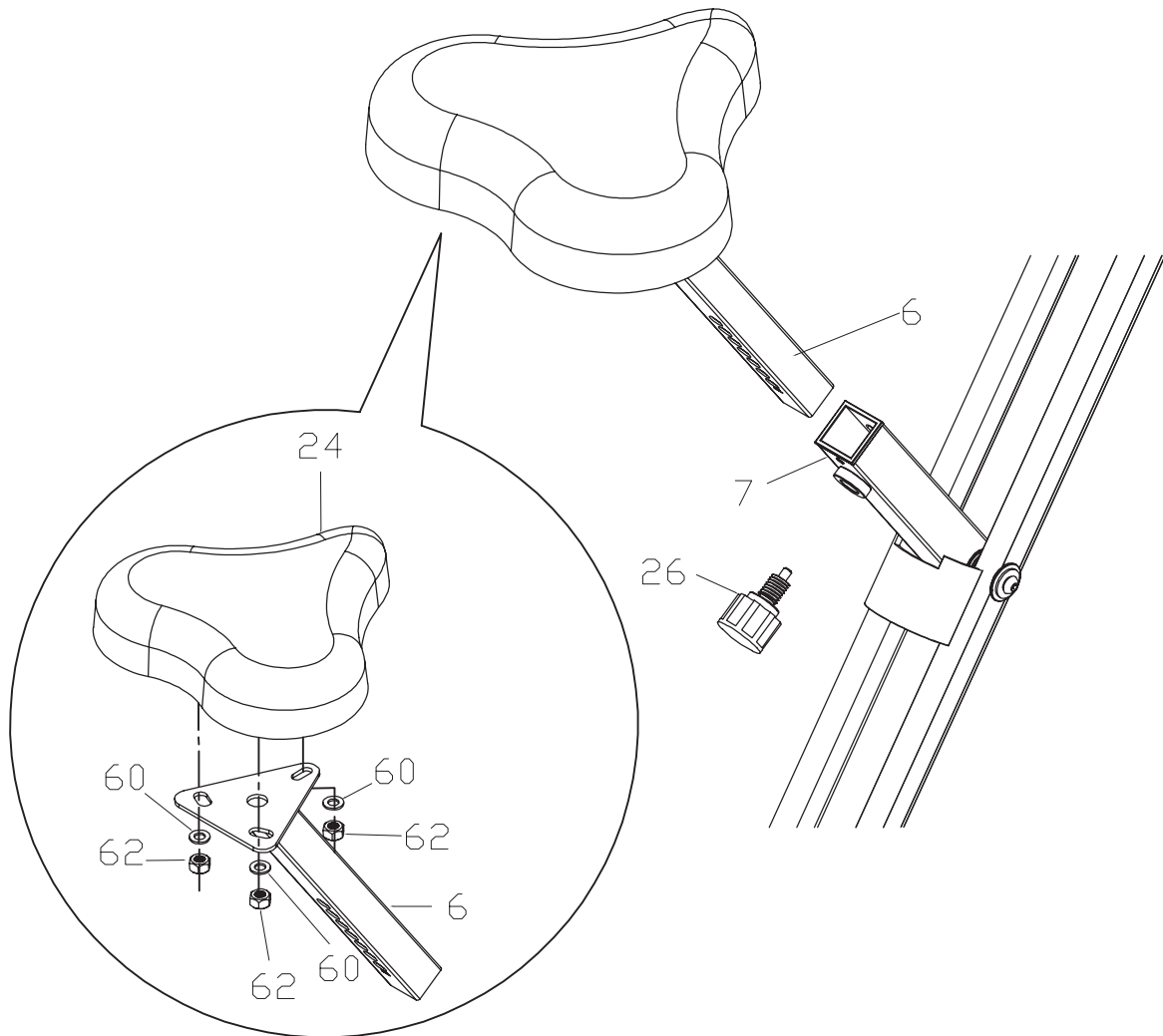
STEP 1

Assemble Rear & Front Stabilizer, Pedal (L / R)



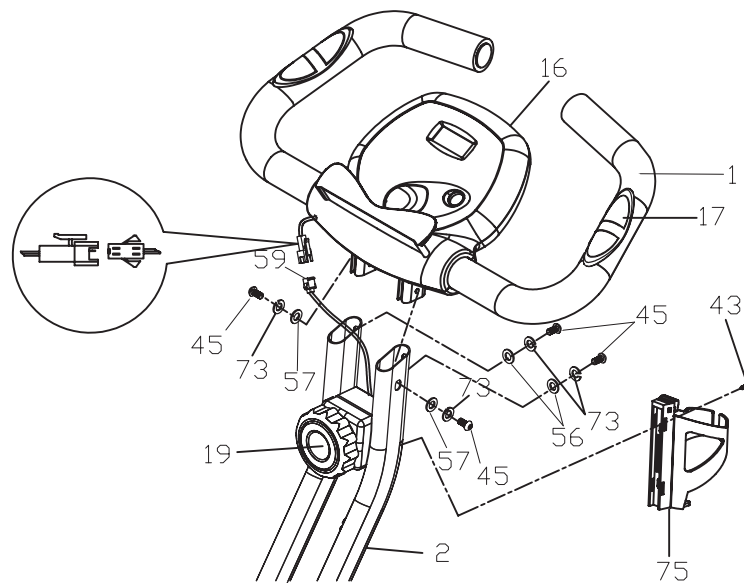
STEP 2

Assemble Saddle

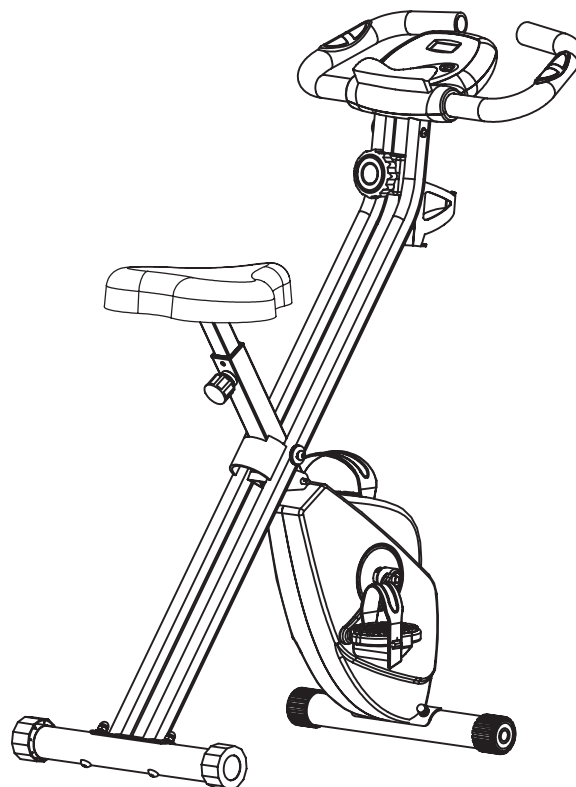


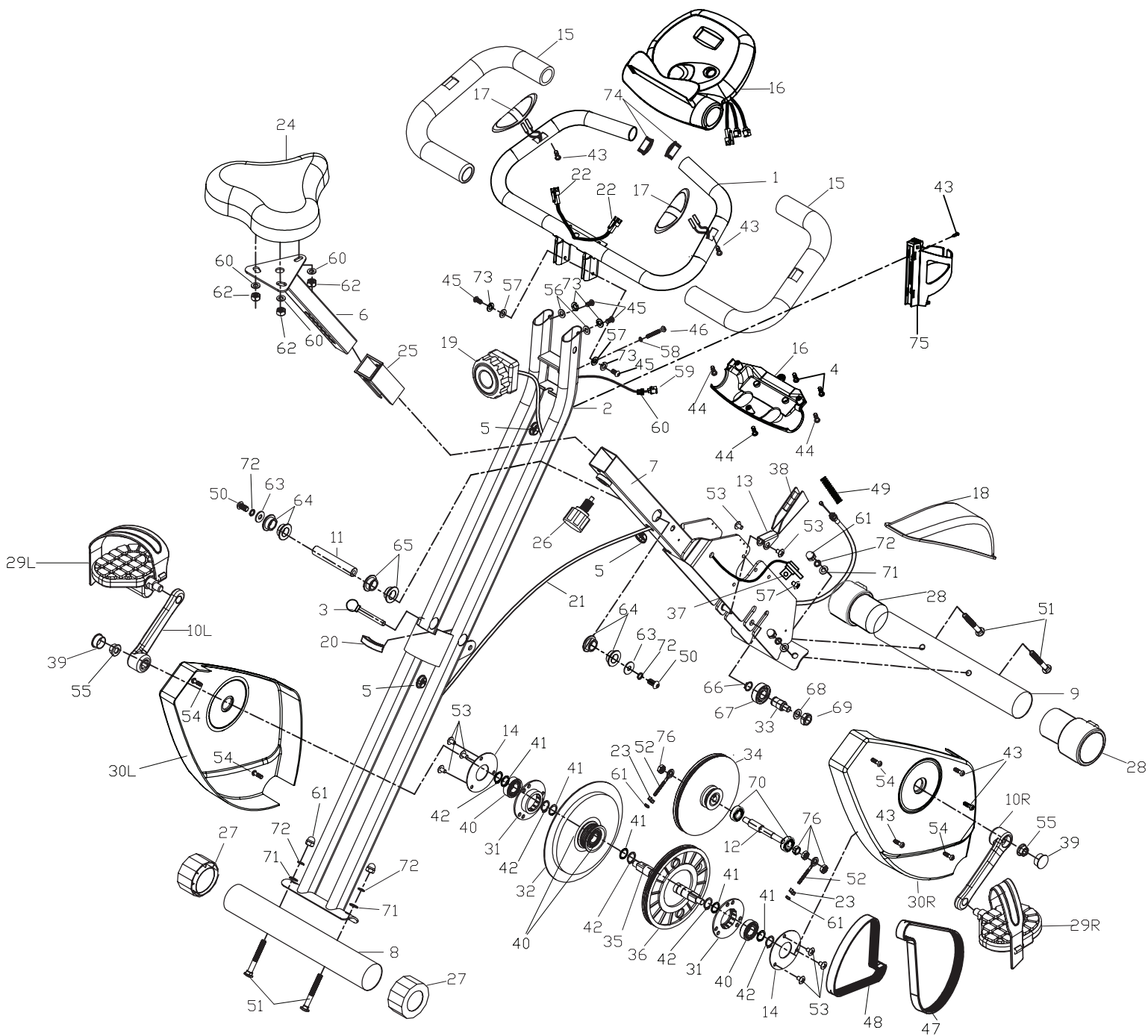
STEP 3

Assemble Handlebar & Exercise Monitor



COMPLETE!





Onderdeelnummer	Beschrijving	Hoeveelheid
1	Handlebar	1
2	Rear Frame	1
3	Locking pin	1
4	M5*10 Screw	2
5	Oval Line Plug	3
6	Saddle Support	1
7	Main Frame	1
8	Rear Stabilizer	1
9	Front Stabilizer	1
10	Crank (R&L)	2
11	Main Shaft	1
12	Lower Drive Wheel Shaft	1
13	Magnetic Bracket	1
14	Round Steel	2
15	Handle Grip Foam	2
16	Exercise Monitor	1
17	Pulse Sensor Pad	2
18	Chain Cover (U)	1
19	Tension Control Knob	1
20	EVA Sticker	1
21	Control Line	1
22	Pulse Sensor Wire	2
23	Gear Piece	2
24	Saddle	1
25	Saddle Stem Insert	1
26	Seat Adjustment Knob	1
27	Adjustable Hex and Cap	2
28	End Cap	2
29	Pedal (R&L)	2
30	Chain Cover (R&L)	2
31	Pulley Brush	2
32	Flywheel	1
33	Pulley Bracket	1
34	Lower Drive Wheel	1
35	Upper Drive Wheel Shaft	1
36	Upper Drive Wheel	1
37	Sensor Bracket	4
38	Magnet	6

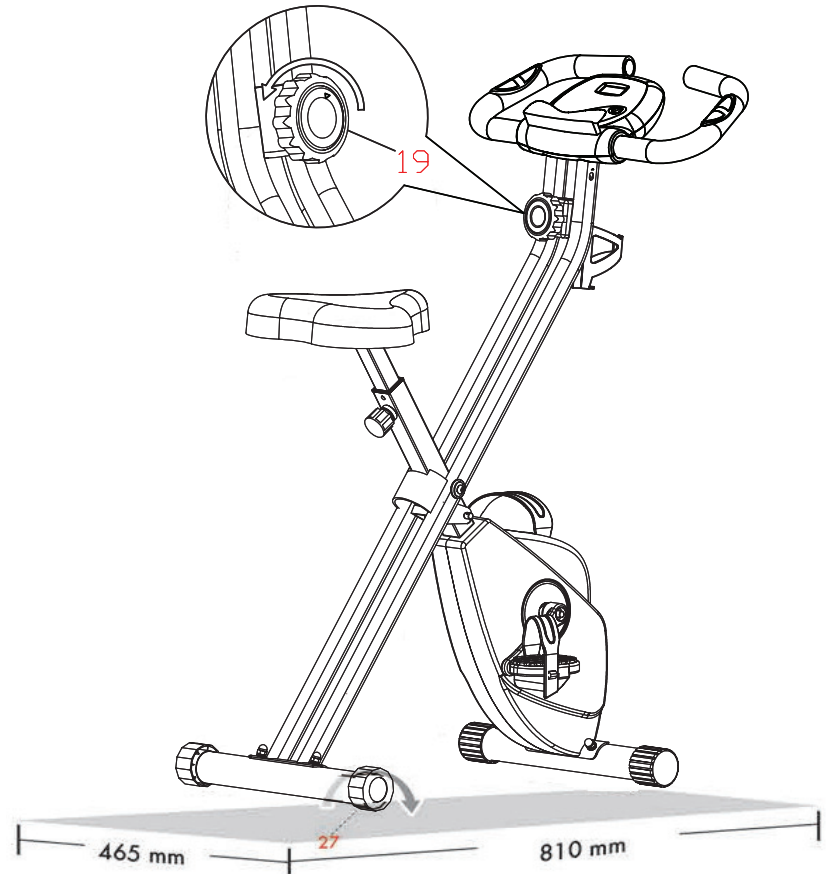
39	Crank Guard Trim	2
40	Pulley	4
41	Waved Washer	5
42	Spring Washer	4
43	M4*20mm Self-tapping Screw	5
44	M5*15 mm Screw	3
45	M6*12 mm Allen Bolt	4
46	M5*50 mm Screw	1
47	Drive Belt 230J	1
48	Drive Belt 220J	1
49	Spring	1
50	M8*20 mm Allen Bolt	2
51	M8*20 mm Carriage Bolt	4
52	M6*40 mm Screw	2
53	M6*15 mm Screw	8
54	M4*20 mm Self-tapping Screw	4
55	M10 Nut	2
56	M6 Curved Washer	2
57	M6 Flat Washer	2
58	Flat Washer	1
59	Sensor Wire	1
60	M8 Flat Washer	3
61	M8 Dome Nut	4
62	M8 Nylon LockNut	3
63	Flat Washer	2
64	Outer Brush	4
65	Inner Brush	2
66	Lock Ring	1
67	Bearing	1
68	Flat Washer	1
69	M10 Nylon LockNut	1
70	Pulley	2
71	M8 Curved Washer	4
72	M8 Spring Washer	4
73	M6 Spring Washer	4
74	Handlebar cap	2
75	Water bottle holder	1
76	M10 Nut	4

To ensure smooth efficient cycling action, the tension belt braking system on your Exercise Cycle has been correctly adjusted by our factory during production.

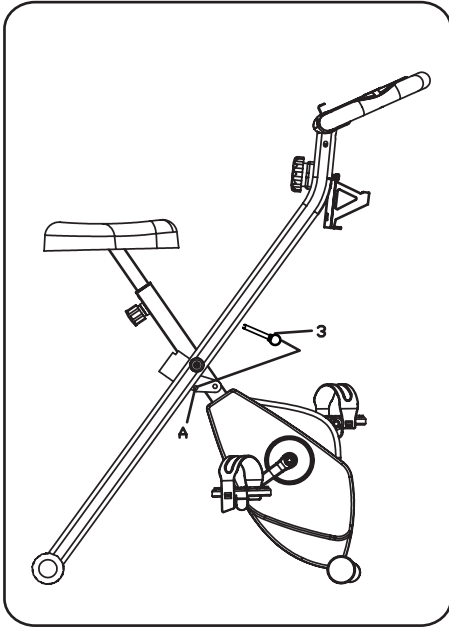
To adjust the pedalling resistance during use, start by turning the Tension Control (19) fully ANTI-CLOCKWISE at the start of your workout. Gradually increase the pedalling resistance by turning the Tension Controller Knob CLOCKWISE as required.

LEVELLING THE BIKE

For security and stability, your Cycle has a factory welded frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your cycle is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use. If you need to make a fine adjustment, simply twist the end of either Rear Frame Stabiliser Adjustable Hex End Cap (27) to compensate for uneven floors.

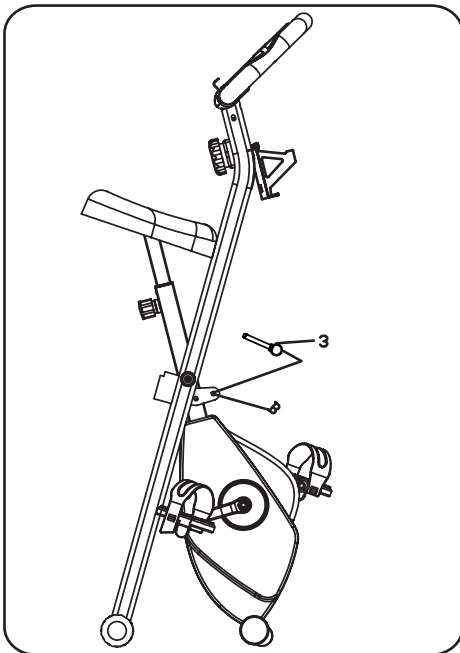


WHEN UNFOLDED



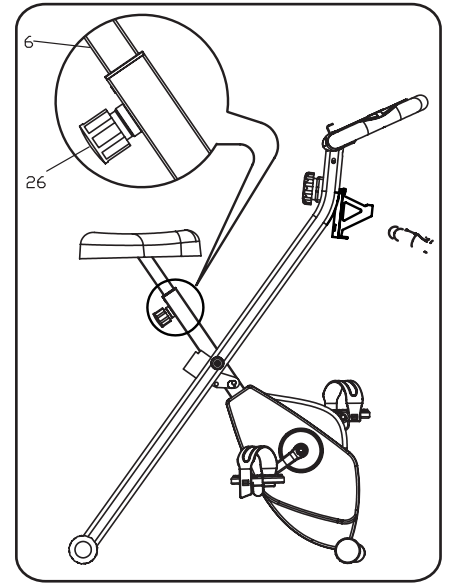
Using the Locking Pin (3) to fold and unfold the bike. When in use, the Locking Pin (3) is in Position A.

WHEN FOLDED



Using the Locking Pin (3) to fold and unfold the bike. When folded, the Locking Pin (3) is in Position B.

The Saddle Support has a “Max” sign to show the maximum height of Saddle. You should not exceed this height. Unscrew the Seat Adjustment Knob (26) a couple of turns then pull the knob outwards to release the Seat Support Tube (6). Position the Seat Support Tube to the desired height allowing for a slight bend in the knee at the lowest pedal position and retighten the Seat Adjustment Knob (26) .



FUNCTIONS

TIME 0:00 - 99:59 (minutes)

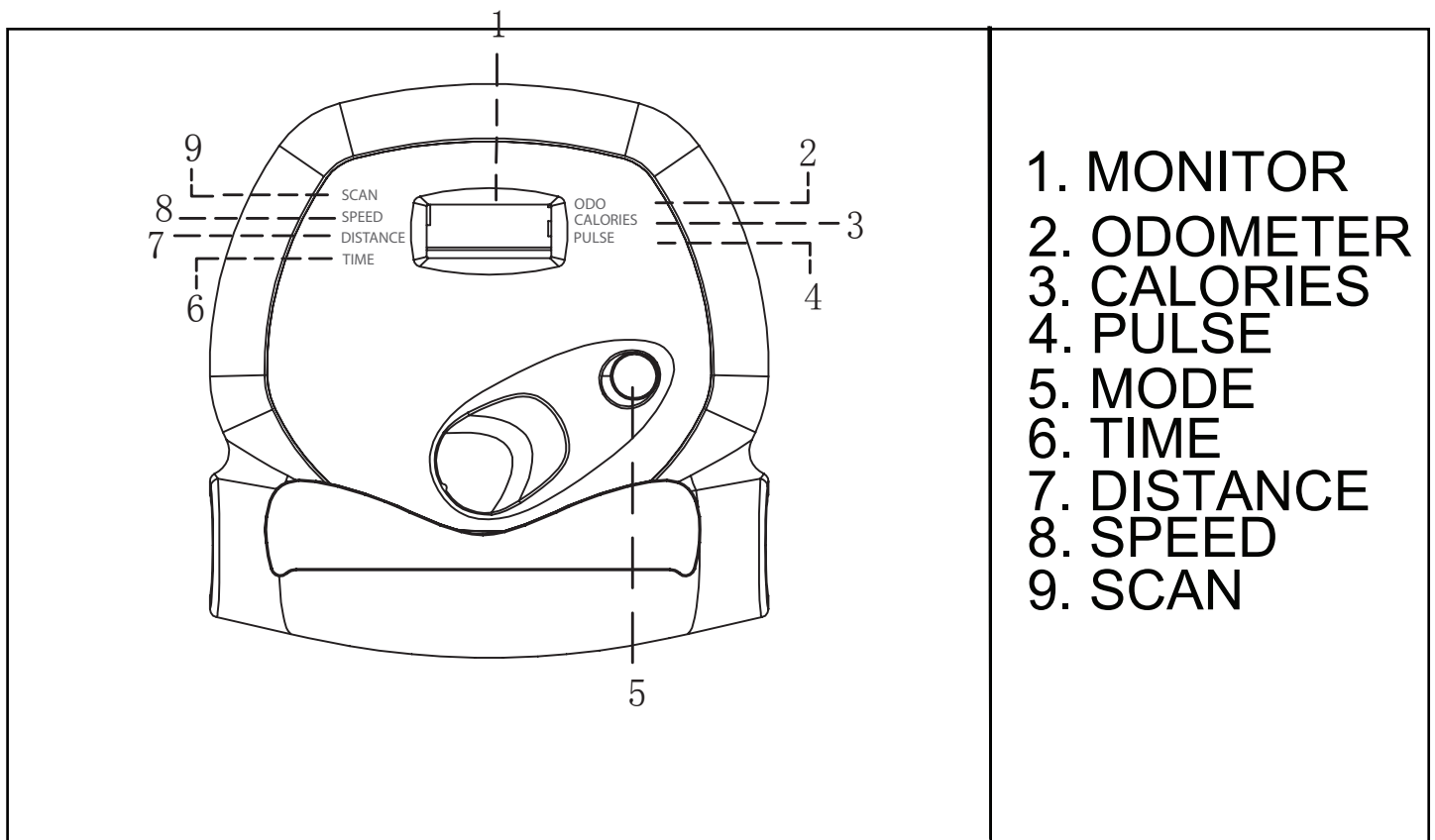
SPEED 0.0 - 999.9 (km/h)

DISTANCE 0.0 - 999.9 (km)

ODOMETER 0 - 9999 (km)

CALORIES 0.0 - 999.9 (kcal)

PULSE 40 - 240 (beats per minute)



SCAN	Changing from function to function every 4 seconds
TIME	Count up
SPEED	Cycle speed
DISTANCE	Exercise distance
ODOMETER	Accumulated total distance
CALORIES	Computed theoretical calorie burn
PULSE	Actual exercise pulse rate
MODE	This key lets you to select and lock on to a particular function you want

FUNCTIONS:

1. **TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.
2. **SPEED:** Press the MODE key until pointer lock on to SPEED. Display current speed during working time.
3. **DISTANCE:** Press the MODE key until pointer lock on to DISTANCE. The distance of each workout will be displayed when starting exercise.
4. **CALORIES:** Press the MODE key until pointer lock on to CALORIES. The calorie burned will be displayed when starting exercise.
5. **ODO:** Automatically accumulates workout distance when starting exercise.
6. **PULSE:** Press the MODE key until the pointer advance to PULSE function and put ear-clip to ear or the hand take hole of the sensor about 3 seconds show out.

SCAN: Display changes according to the next diagram every 4 seconds. Automatically display of the following functions in the order shown:

TIME---SPEED---DISTANCE---CALORIES---ODO ---PULSE---SCAN

NOTE:

1. When there is no signal for 4 to 5 minutes, the LCD display will be shut off automatically.
2. When there is a signal input, the monitor automatically turns on.
3. If you see an improper display on the monitor, please replace the batteries. To ensure a good result, replace the batteries at the same time.
4. The monitor use 2pcs of 1.5v "AAA" batteries.

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