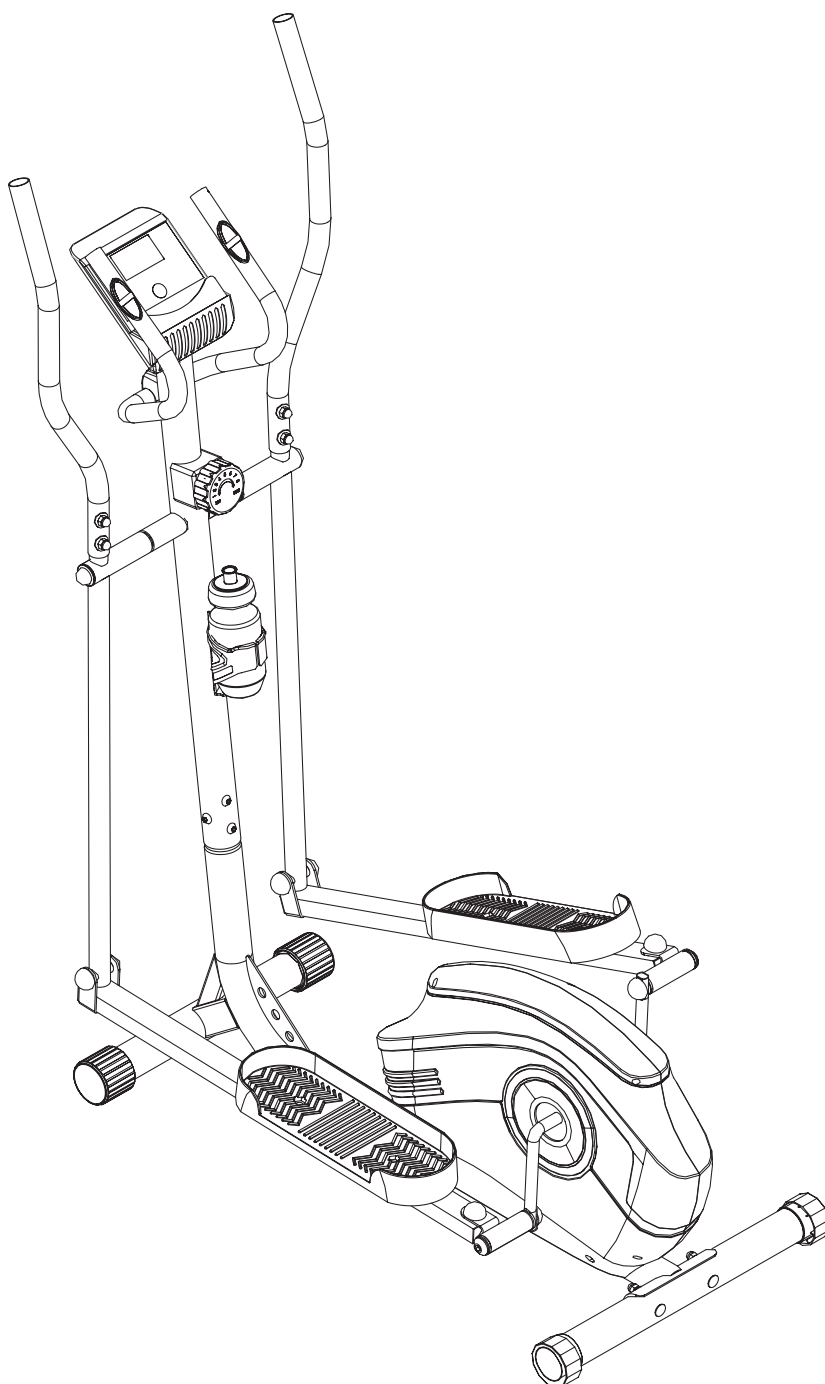


virtuafit

CTR 1.0 Crosstrainer

User manual



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WARNING: We suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or people with health problems. We take no responsible for any problems or injuries if you don't follow our specification.

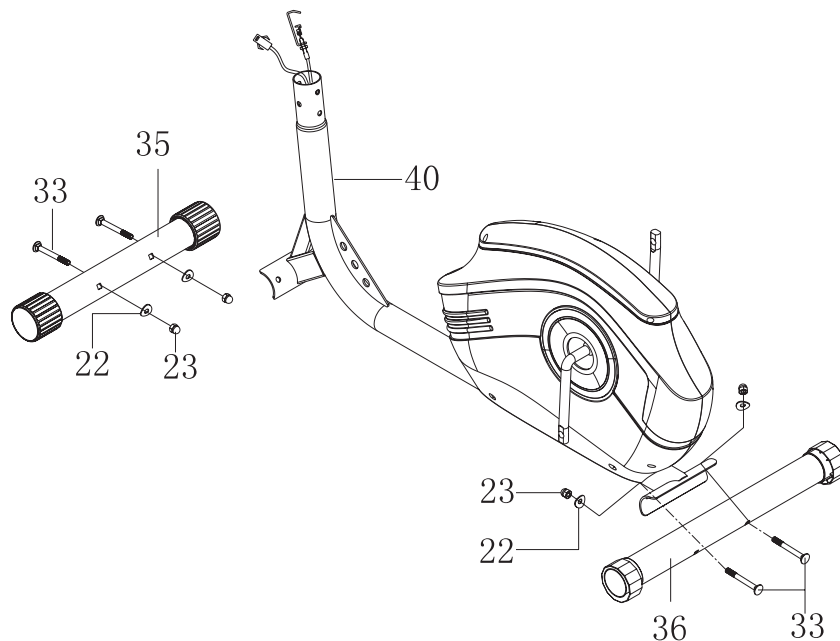
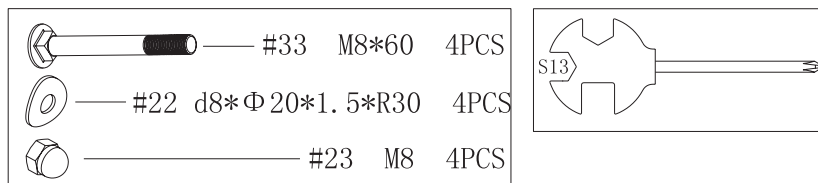
IMPORTANT

- This elliptical trainer is made for home use only and tested up to a maximum body weight of 115 kgs.
- Follow the steps of the assembly instructions carefully.
- Use only original parts as delivered.
- Before the assembly, be sure to check if delivery is complete by using the included partslist.
- For assembly use only suitable tools and asks for assistance with assembly if necessary.
- Place the exerciser on an even, non-slippery surface. Because of possible corrosion, the usage of anY exerciser in moist areas is not recommended.
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition. Replace defective components immediately and/ or keep the equipment out of use until repair. For repairs, use only original parts.
- In case of repair, please ask your dealer for advice.
- For repairs, use only original spare parts.
- Avoid the use of aggressive detergents when cleaning the home exerciser.
- Ensure that training starts only after correct assembly and inspection of the item.
- For all adjustable parts be aware of the maximum positions to which they can be adjusted/ tightened to.
- The home exerciser is designed for adults. Please ensure that children use it only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Warning: incorrect/excessive training can cause health injuries.
- Consult your physician before starting with any exercise program. He or she can advise on the kind of training and which impact is suitable.

Before you start to assemble the device, please read the following points carefully:

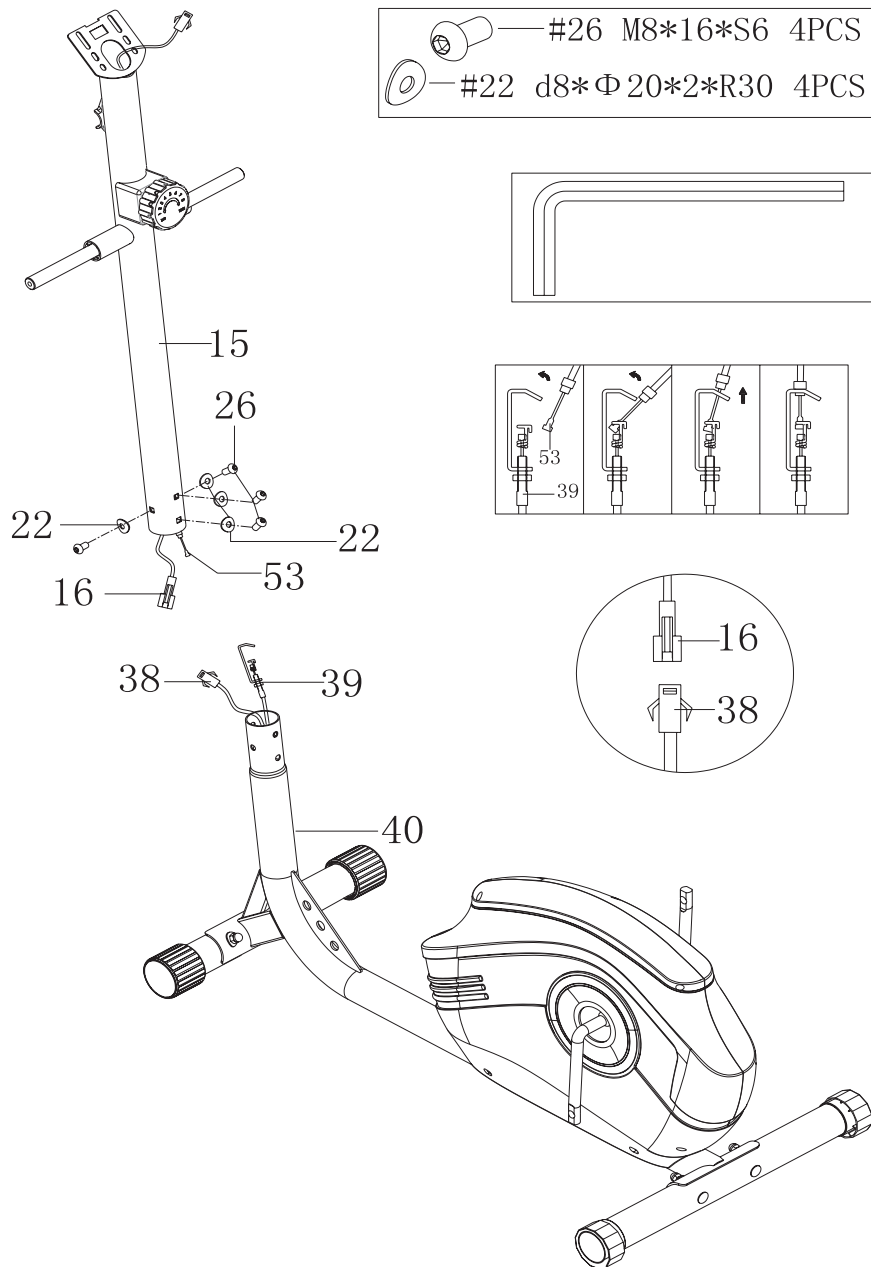
1. Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the device yourself. Some parts (bolts, screws, etc.) are already attached to / in the device.
2. Error message: Make sure that all cables are carefully attached. The adjustable feet are very sensitive and should remain straight. Do you get an error message after the installation of your cross trainer? Then you should bend these adjustable feet straight again, this may cause the error message to disappear.
3. Transport wheels: Make sure that the transport wheels are attached to the front of the device.
4. Allen screws: In the upright of crossbar are hex bolts, make sure that the Allen key is properly in the bolt before you apply force to the key. In this way you prevent the head of the socket head from being turned.

STEP 1



- Attach the Front Stabilizer (35) and the Rear Stabilizer (36) to the Main Frame (40) with Carriage Bolt (33), Domed Nut (23) and Arc Washer (22).

STEP 2

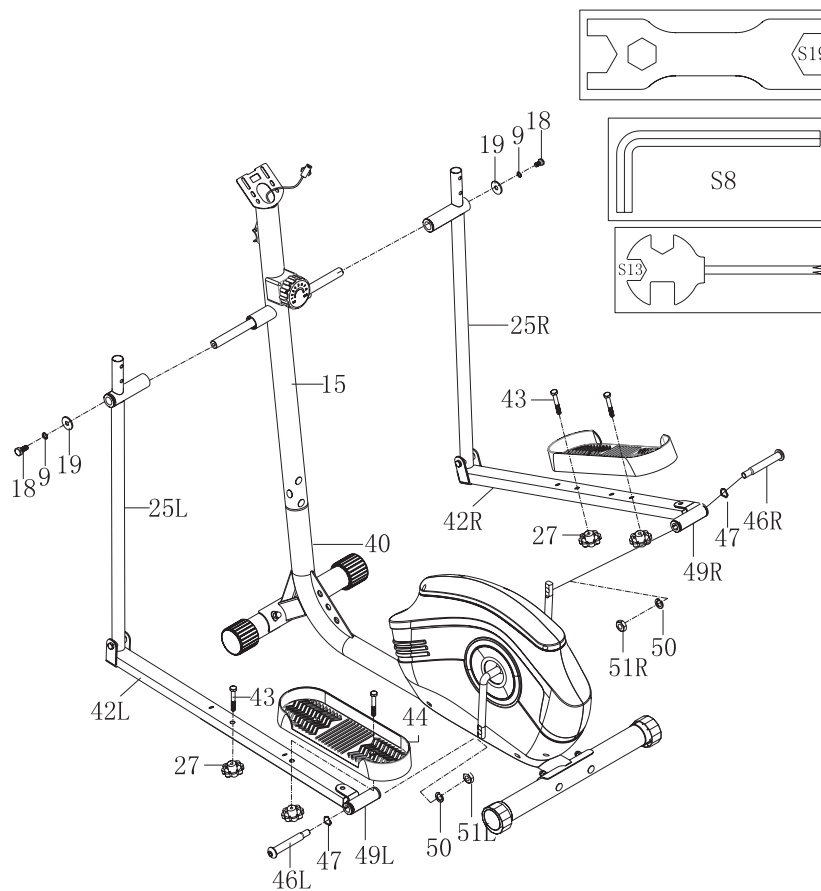


- Turn the resistance knob all the way. Cable (53) needs to be as long as possible.
- Connect the Sensor 16 and 38, and Tension Control wire 53 and 39 as shown above, fix the Upright Post (15) with the Main Frame (40) with Bolt (26), Arc Washer (22). Fasten tightly.

Note: Tighten the Screw (27) and the Arc Washer (22) after the STEP 3.

STEP 3

	#43 M10*45 4PCS		#27 M10 4PCS
	#18 M8*16 2PCS		#9 d8 2PCS
	#19 d8*Φ32*2 2PCS		#47 d17 2PCS
	#50 1/2" 2PCS		#51L/R 1/2" 2PCS
	#46L/R 1/2" 2PCS		



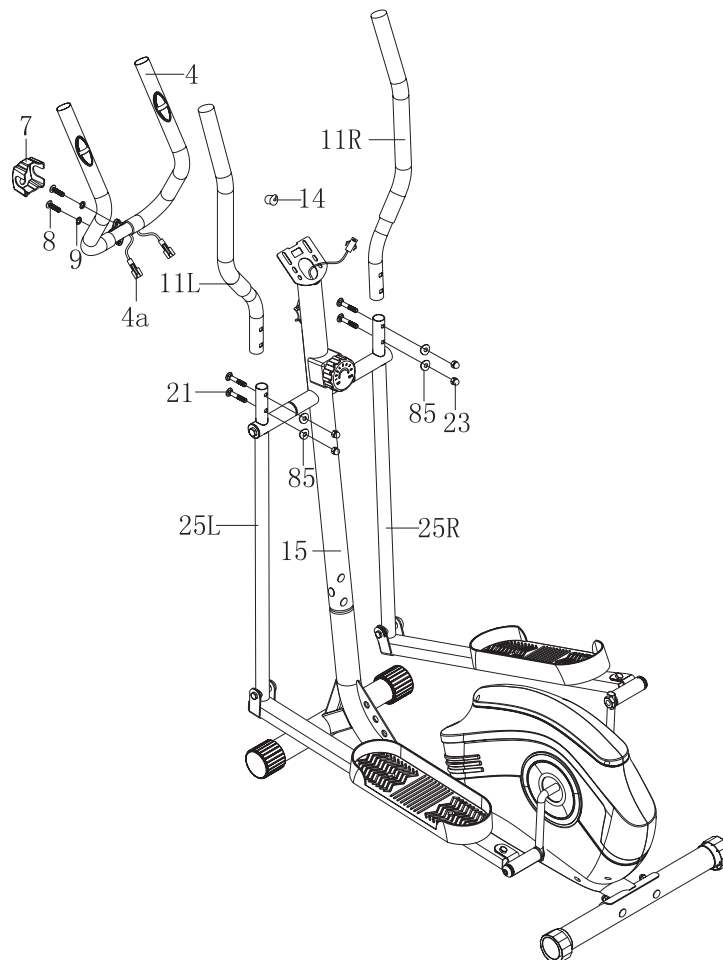
- Fix the Lower Handle Bar (25L/R) to the Upright Post (15) with Bolt (18), Washer (9), D Washer (19).
- Fix the Pedal Tubes (42L/R) with the Pedal Crank by Pedal Hinge Bolt (46L/R), Curved Washer (50), and Nylon Nut (51L/R). Install the Pedal (44) on the Pedal Tube (42L/R) with Hex Head Bolt (43), Knob (27).

STEP 4

	#21	M8*40	4PCS
	#85	d8*Φ16*1.5*R30	4PCS
	#23	M8	4PCS
	#8	M8*30	2PCS
	#9	d8	2PCS

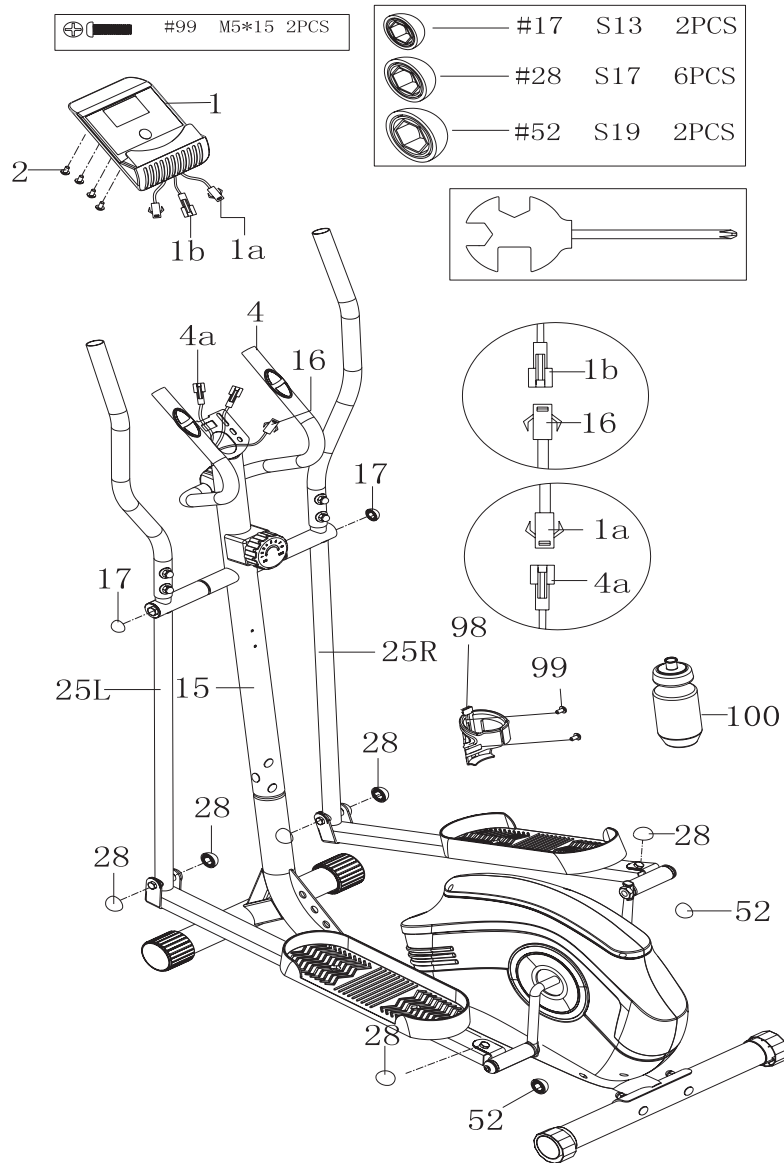
S13

S6



- Install the Middle handlebar (4) on the Upright Post (15) with bolt (8) Arc Washer (9);
- Fix the Handlebar (11 L / R) to the Lower Handle Bar (25 L / R) with Bolt (21), Arc Washer (85) and Domed Nut (23).

STEP 5



- Connect wires (1a / 1b) to wires (4a / 4b) Handle Pulse Wire (1a) and (1b), then connect Sensor wire (16) to the Computer (1);
fix the Computer (1) onto the Upright Post (15) with Screw (2) and Washer (103);
- Attach the Bottle Holder (98) to the Support Tube (15) with Crosshead (99);
- Then, put the Bottle (100) in the Bottle Holder (98).

CAUTION: MAKE SURE YOU HAVE TIGHTENED ALL THE BOLTS AND NUTS WELL BEFORE BEGINNING YOUR WORKOUT.

NOTE: THE END CAP ON THE FRONT STABILIZER TUBE IS MOVABLE, WHICH IT IS EASY FOR YOU TO MOVE YOUR ELIPTICALL.

1. The upright is fixed with Allen screws, making sure that the bolts are tight at all times. If the bolts are not tightened tight enough, this can cause cracking.
2. All moving parts mounted on the base of the device should be greased with grease once every 6 months. This can be done with Vaseline (without acids) or with silicone oil.
3. After each use, the appliance should be cleaned with a slightly damp cloth and soft soap. If the perspiration is not removed in time, corrosion can occur.
4. Do not place the cross trainer in a room with high humidity. For example, a shed or a room where the washing machine is located.

PROBLEM SOLUTIONS

Squeaky crosstrainer: First lubricate all rotating parts with silicone spray. It can also be that a screw is tightened too tightly or too loosely, this creates friction and therefore a beep. If this is the case, try to find out exactly where the beep is coming from and then loosen or tighten this screw. The screws should be tightened in such a way that they can always be released by hand.

No resistance: First check whether you can hear the motor running. You will hear the motor spin very briefly when you increase or decrease the resistance. If you hear the engine running then all electronics are OK, but the V-belt probably ended. You can then open the housing and replace the V-belt. If you do not hear the motor running, it may be that the motor or display is defective. First check whether the cable that runs upwards in the pipe is connected properly.

Ticking sound: It is possible that the flywheel (in the housing) comes against a cable with every pedaling. This may be disturbing but will not cause permanent damage to your cross trainer. To solve this, open the housing and move the cable or you can fasten it with for example a tie-wrap.

Heart rate display does not work: This can have various causes. 1. The sensor cable running from the heart rate sensor to the display is not properly mounted or has come off during use. 2. It may be that the sensors have become damp, dirty or greasy, clean them regularly. 3. If you have a lot of calluses on your hands, it is more difficult for the sensors to measure, when this is the case a chest strap is recommended.

CONTROL PANEL



<u>BUTTON</u>	<u>FUNCTION EXPLANATION</u>
<u>(1) MODE</u>	Push down for selecting functions. If the long time holds down “MODE” button down for resetting time, distance and calories.
<u>(2) SCAN</u>	Press “MODE” button until “SCAN” appears, monitor will rotate through all the 6 functions: Time, speed, distance, ODO, calorie, pulse. Each display will be hold 5 seconds.
<u>(3) TIME</u>	Count the total time from exercise start to end.
<u>(4) SPEED</u>	Display current speed.

CONTROL PANEL

BUTTON	FUNCTION EXPLANATION
(5) DIST	Count the distance from exercise start to end.
(6) CALORIES	Count the total calories from exercise start to end.
(7) ODO	The total distance which this function is refers to from battery capacity period runs.
(8) PULSE	<p>Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heartbeat rate in beats per minute(BPM) on the LCD after 6~7 seconds.</p> <p>REMARK: During the process of pulse measurement, because of contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment</p>

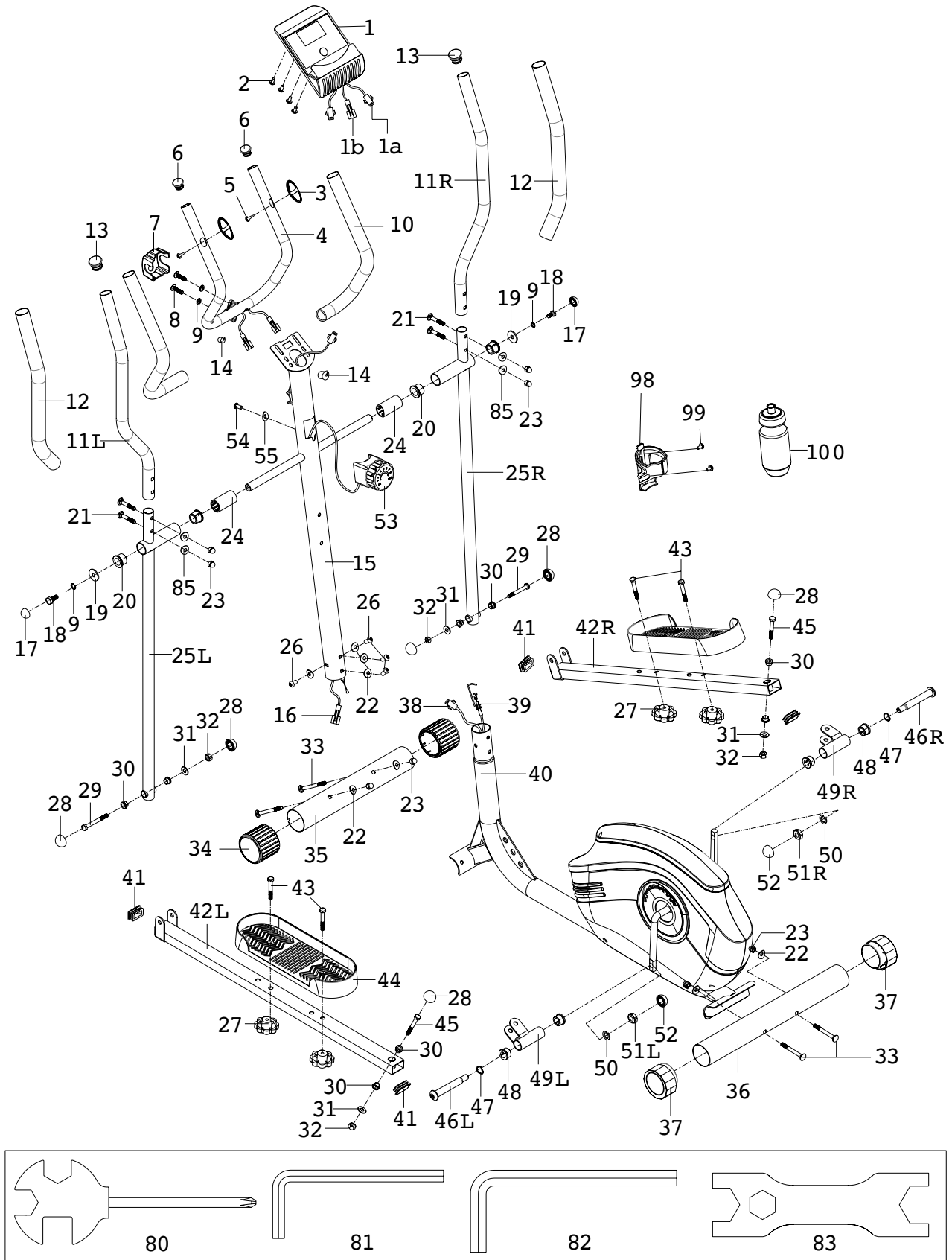
NOTE:

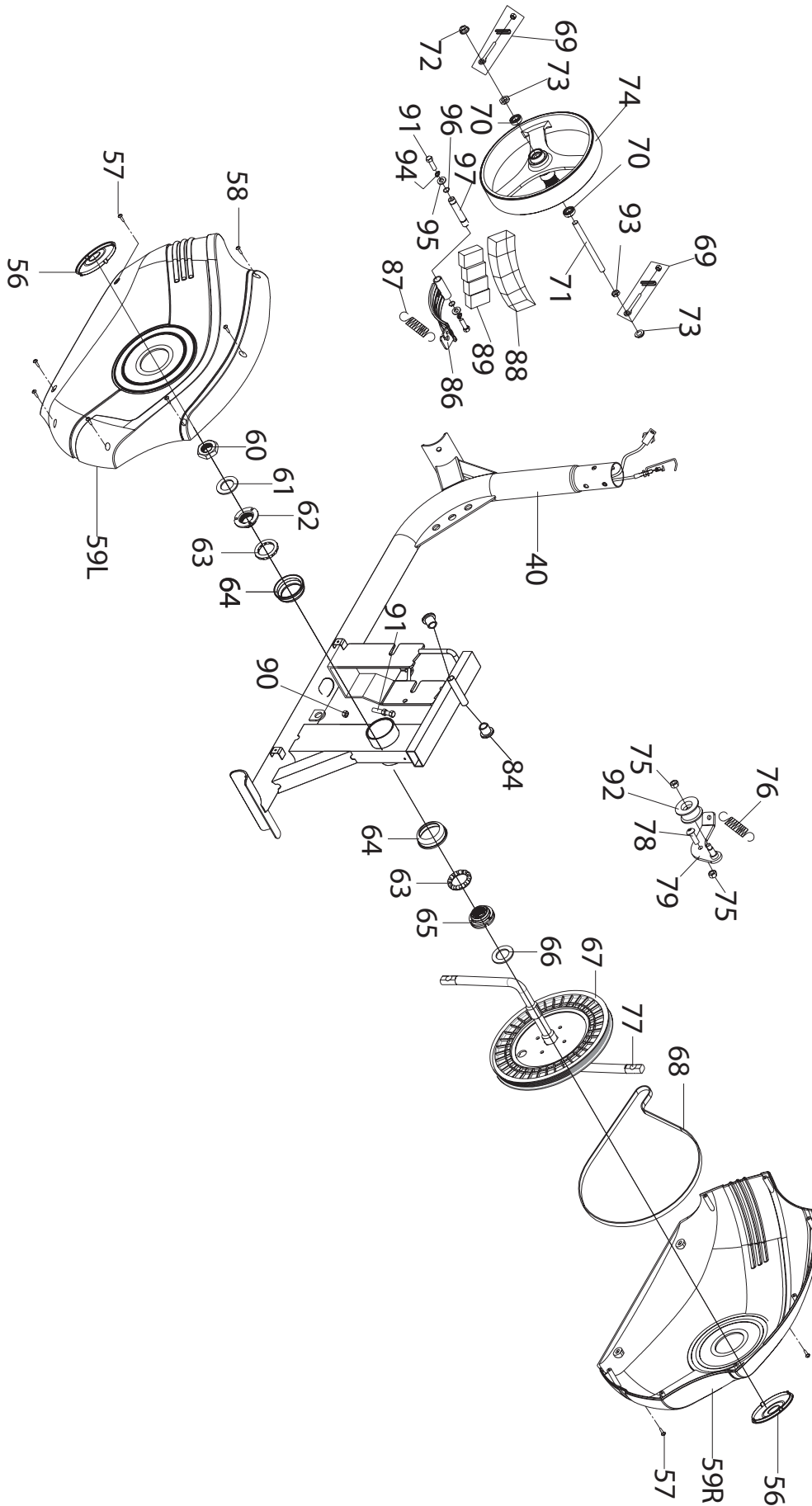
1. If the display is faint or shows no figures ,please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes.
3. The monitor will be auto-powered on when starting to exercise push button w/signal in.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .

SPECIFICATIONS:

FUNCTION	FUNCTION EXPLANATION
AUTO SCAN	Every 5 seconds
TIME	00:EE00' ~99:59'
CURRENT SPEED	The maximum signal can be pickup is 999.9(ML)KM/H
TRIP DISTANCE	0.0 ~9999 (ML)KM
CALORIES	0.0 ~9999 kCAL
ODO	0.0 ~9999 (ML)KM
PULSE RATE	40 ~240 BPM

BATTERY TYPE	2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE	0°C ~ +40°C
STORAGE TEMPERATURE	-10°C ~ +60°C





#	Description	Qty
01	Computer	1
02	Screw M5	4
03	Pulse	2
04	Middle Handlebar	1
05	Screw ST4x19	2
06	End cap $\varnothing 25$	2
07	Small cover	1
08	Bolt M8x30	2
09	Arc Washer D8	4
10	Foam grip	2
11	Handlebar (L / R)	2
12	Foam grip	2
13	End cap $\varnothing 28$	2
14	Stoppie $\varnothing 12.6 \times \varnothing 6$	2
15	Upright post	1
16	Wire	1
17	End cap S13	2
18	Bolt M8x16	2
19	Washer D8X $\varnothing 32 \times 2$	2
20	Bushing $\varnothing 32 \times \varnothing 19 \times 28$	4
21	Bolt M8x40	4
22	Arc washer D8X $\varnothing 20 \times 1.5 \times R30$	8
23	Domed Nut M8	8
24	Plastic insert	2
25	Lower handlebar (L / R)	2
26	Screw M8X16XS6	4
27	Knob M10	4
28	End cap S17	6
29	Bolt M10x60	2
30	Bushing $\varnothing 14 \times 12.5 \times \varnothing 10.1$	8
31	Washer D10X $\varnothing 20 \times 2$	4
32	Nylon nut M10	8
33	Carriage Bolt M8X60	4

#	Description	Qty
34	End cap $\varnothing 50$	2
35	Front stabilizer	1
36	Rear stabilizer	1
37	End cap $\varnothing 50$	1
38	Sensor	1
39	Tension control cable	1
40	Main frame	1
41	End cap J40X25	4
42	Pedal tube (L / R)	2
43	Bolt M10X50	4
44	Pedal	2
45	Bolt M10X50	2
46	Bolt (L / R) 1 / 2	2
47	Arc Washer D17	2
48	Bushing $\varnothing 24 \times 20 \times \varnothing 16.1$	4
49	U bracket	2
50	Spring washer 1 / 2"	2
51	Nylon nut (L / R) 1 / 2"	2
52	End cap S19	2
53	Power line connection	1
54	Crosshead screw M5*15	1
55	Motor	1
56	Crank cover	2
57	Crosshead screw ST4.2*16	5
58	Crosshead screw ST4.2*19	12
59	Chain cover (L / R)	1
60	Nut	1
61	Washer	1
62	Left collar housing	1
63	Collar ball	1
64	Collar housing	2
65	Right collar housing	1
66	Washer	1

#	Description	Qty
67	Chain wheel	1
68	Belt	1
69	U bracket	2
70	Bearing	2
71	Axle	1
72	Nut M10	2
73	Nut M10	2
74	Flywheel	1
75	Nylon nut M8	2
76	Tension spring 1	1
77	Crank	1
78	Bolt	1
79	Bracket	1
80	Open-end wrench S13 14 15	1
81	Hex wrench S6	1
82	Hex wrench S8	1
83	Open-end wrench S17 18 19	1

#	Description	Qty
84	End cap	2
85	Arc washer D8Xφ16X1.5XR30	4
86	Magnetic board	1
87	Tension spring 2	2
88	Plastic lattice	1
89	Magnet	4
90	Hexagon nut M6	2
91	Hexagon bolt M6*20	3
92	idler	1
93	Hexagon thin nut M10*1.0*2	1
94	Spring washer d6	2
95	Washer d6	2
96	Srap ring d12	2
97	Axle of magnetic board	1
98	Bottle holder	1
99	Crosshead screw M5*15	2
100	Bottle	1

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For questions or missing parts please contact your dealer.