

virtu^{fit}

TR-200i Treadmill

User manual



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WARNING:

Now here 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 once-health problem people. We take no responsible for any problems or injuries if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

ATTENTION

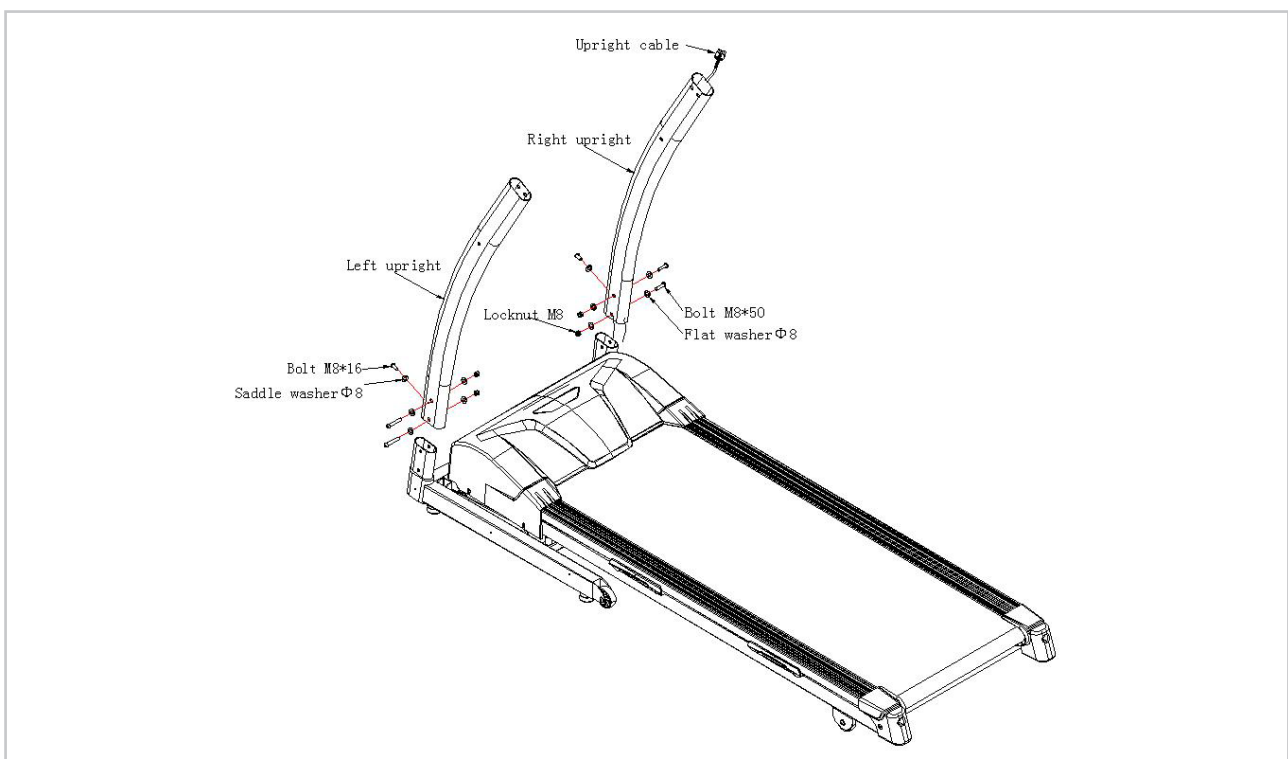
- Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.
- Please do not insert any items to any part of the equipments, which would damage the equipment.
- Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
- Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
- Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
- Keep the children and pets away from the treadmill while starting workout.
- Don't exercise in 40 minutes after dinner.
- The equipment is suitable for adults, children need be accompanied with adults while workout.
- You must hold on to the handrails until you become comfortable and familiar with the treadmill when it is your first workout.
- Treadmill is indoor-using equipment, not outdoor-using for avoiding damage. Keep the store-place clean and flat, drying. Prohibiting the other purpose using, only for workout.
- Please purchase the power-line to the distributor or contact with our company directly, for the powerline only equip to the treadmill.

- The treadmill is for indoor and not outdoor use to prevent damage on the product. Keep the storage area dry, clean and flat. It is forbidden to use the device for other purposes than before training.
- Only use the power cable supplied by the supplier for the treadmill. If the cable is missing, please contact our company.
- If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
- Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.
- Cut off the power when the equipment is not used. When the power is cut off , do not pull the power line to keep the wire unbroken. Insert the plug to the socket with the safety ground circuit, for the power-line is professional equipment .You must contact with the professional people directly while the line is damaged.
- This Treadmill only for home-using, the max user weight is 140 KGS.
- Please keep the space at least 1 X 2 meter at the end of base frame to escape any accidents!

Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the treadmill. Some parts (bolts, screws, etc.) are already attached to / in the treadmill.

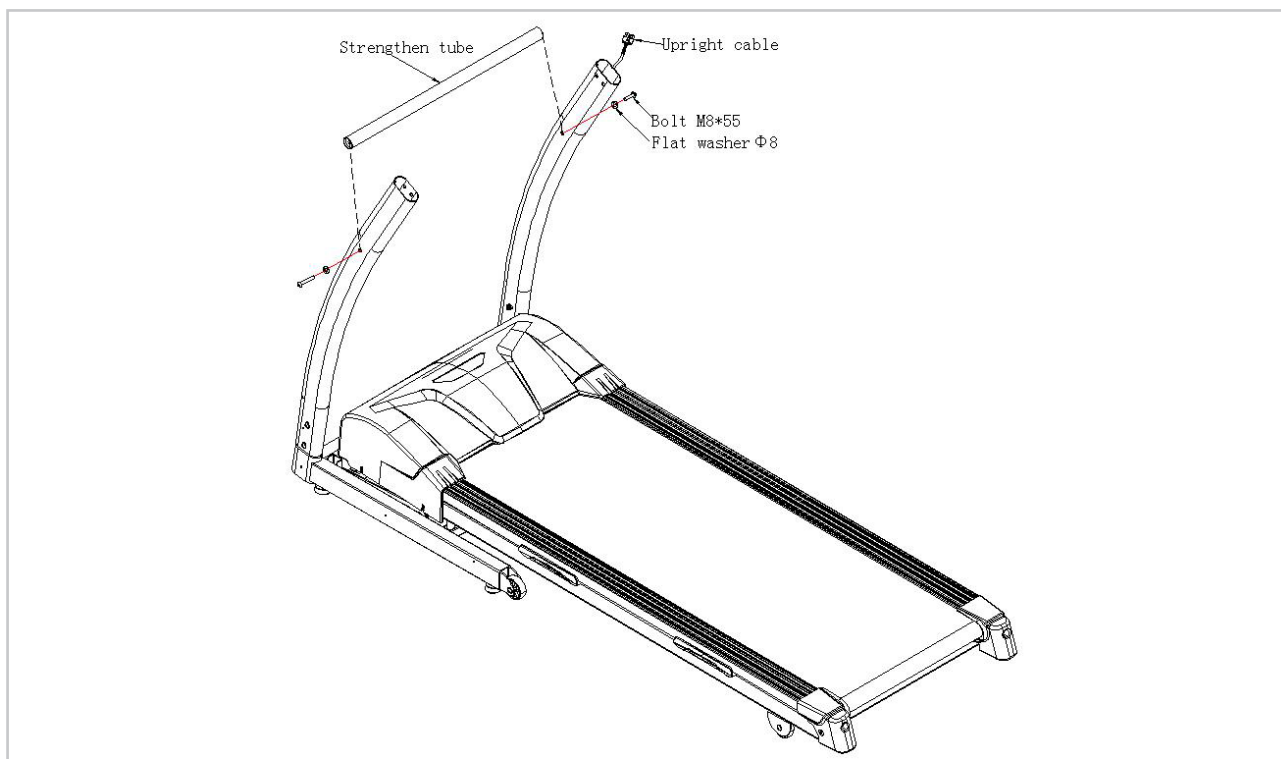
Socket screws: The treadmill contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



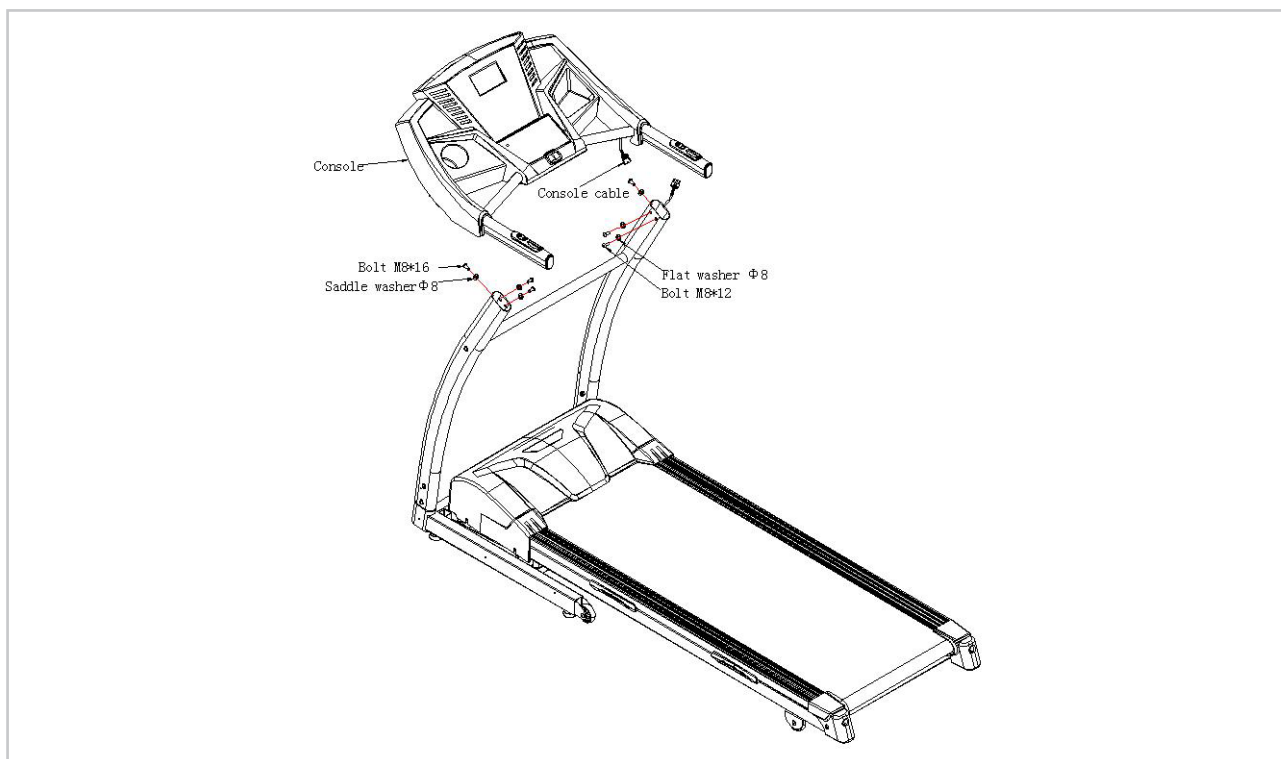
- Let the Upright cable through the right upright.
- Use the bolts and washer fix the left and right upright.

STEP 2



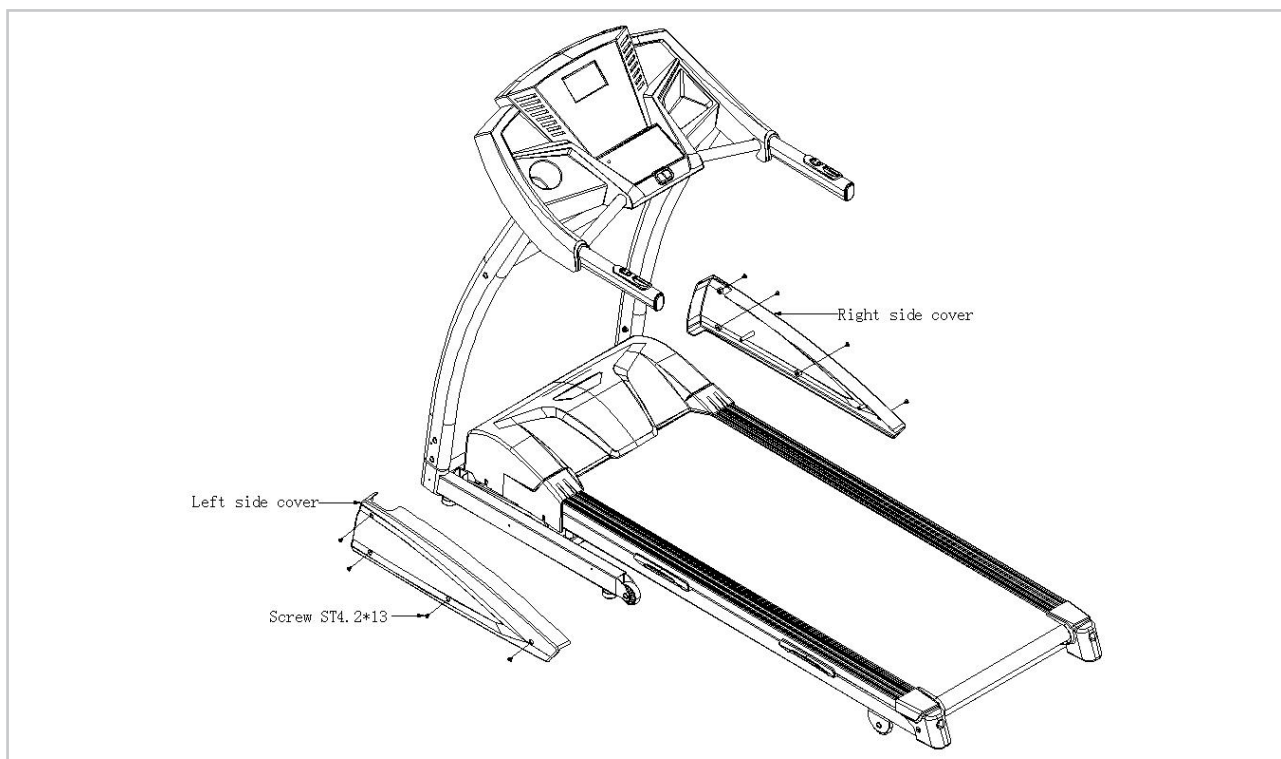
- Fix the strengthen tube to the uprights with bolts and washers.

STEP 3



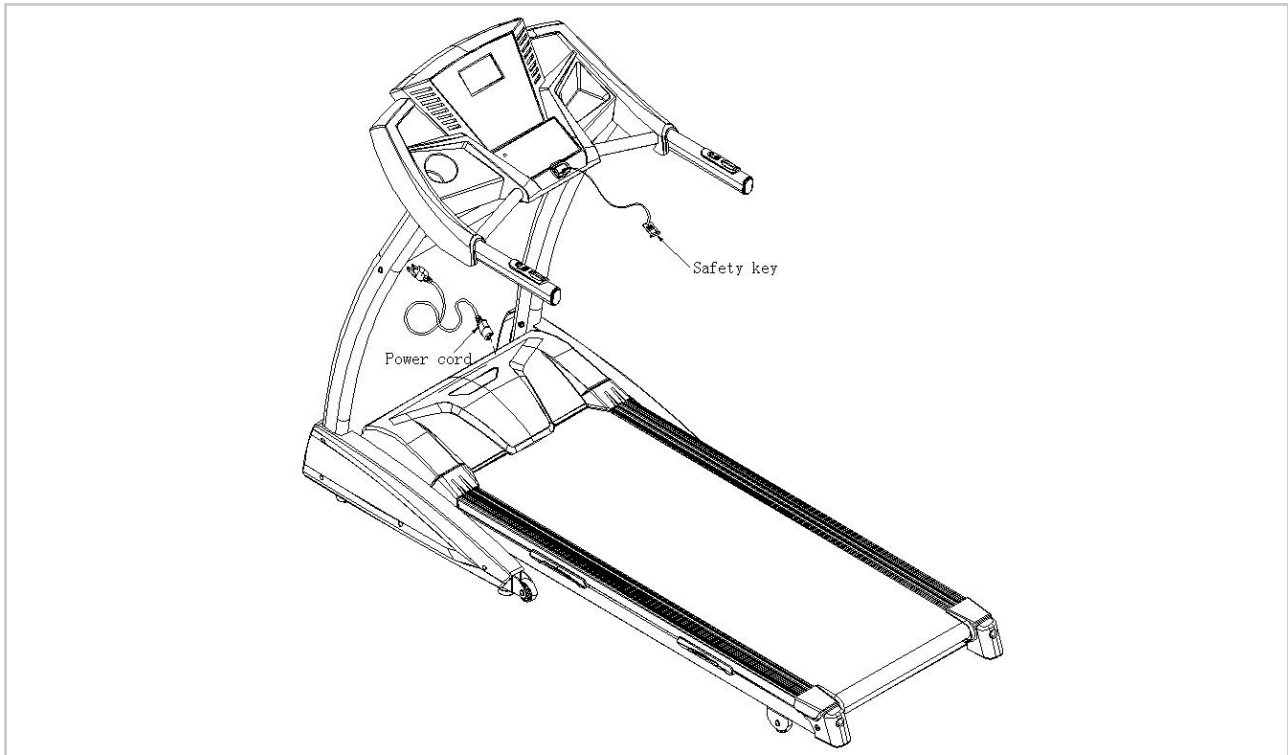
- Connect the console cable and upright cable.
- Assembly the console with bolts and washers.

STEP 4



- Fix the side covers with screws.n.

STEP 5



- Put on the power cord and safety key, then power on the machine.

SELF-CHECKING:

When using for the first time, it is necessary to make the machine carry on. Remove the safety key, press MODE and hold, then insert the safety key again, the machine enters into self-checking state. During this state, pressing START/STOP two times, the machine begins to self-check. It stops automatically after self-checking.

Don't stand on the machine when self-checking.

When using the treadmill for the first time, you must first calibrate the treadmill:

Remove the security key, press and hold MODE, then replace the security key. The treadmill is now in the "Self-check" mode, press START / STOP twice to perform installation. The treadmill now performs a check independently.

IMPORTANT

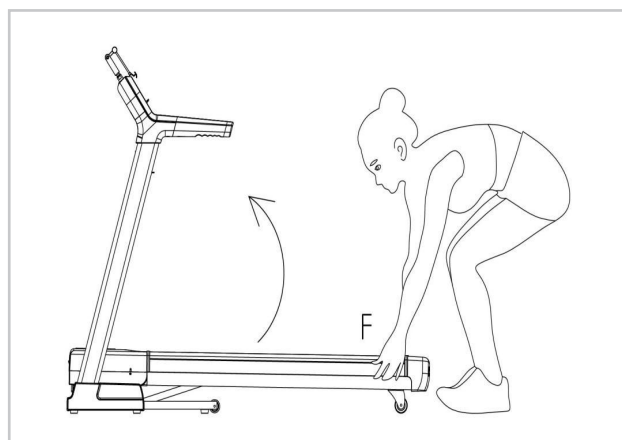
Do not stand on the treadmill when calibrating the treadmill.

PUSH UP

Hold the running deck which showed in "F" position and then fold it up with the arrow direction until you hear a "bang" voice from the air cylinder.

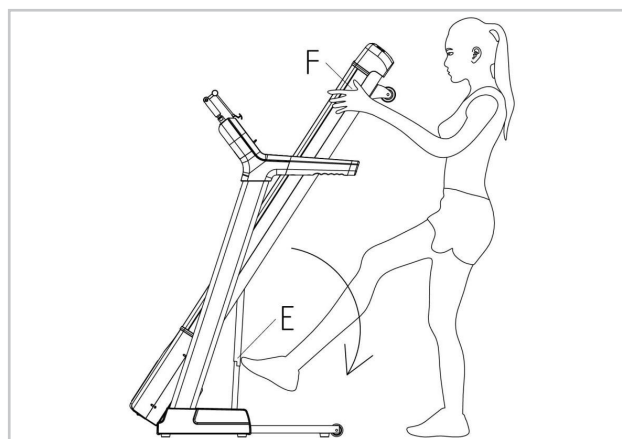
ATTENTION

It's forbidden to fold up when the machine is in running or incline mode.

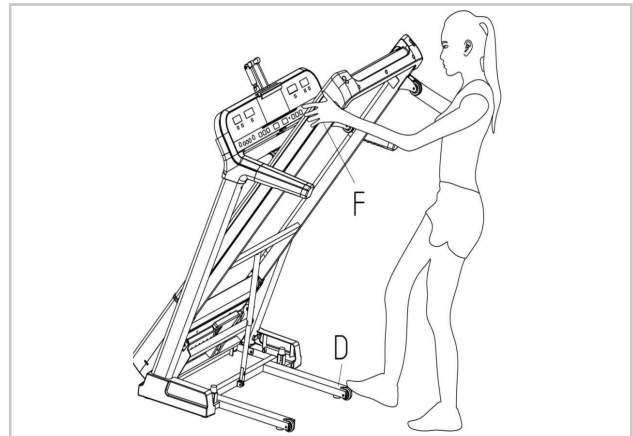


UNFOLDING

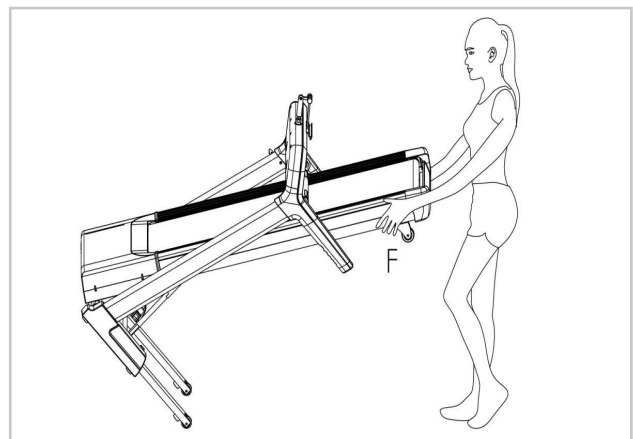
Support place F with hand, kick the place E of air pressure bar, then the base frame will fall down automatically.



To transport, hold the treadmill from position "F" and tilt until the wheels are able to move on the ground.



To tilt, start by placing one hand at position "F" to support the top end of the treadmill. Next, place one foot at position "D" to hold the bottom end of the treadmill steady. With your foot at "D", slowly tilt the top of the treadmill downward towards the ground. Once the Main Frame "F" reaches a low enough point, the wheels of the treadmill will become active.



LUBRICATING THE BELT

RUNNING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

- **Light user** (less than 3 hours/ week) annually
- **Medium user** (3-5 hours/ week) every six months
- **Heavy user** (more than 5 hours/ week) every three months

Best indicator is to lubricate when the walking platform feels dry. We recommend that you buy the lubrication from our distributor or directly to our company.

ATTENTION:

Any repair need the professional technician.

- We suggest that you should cut off the power for 10 minutes after keep running 2 hours, so that it's good for maintain the treadmill.
- For avoiding the slipping during running, the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt, the belt be away from the plates about 50-75 mm on both sides, if the best not too tight and loose.

We strongly recommend that you do the following

- Switch off and remove the power cable from the wall after every use, especially if children are present.
- Clean your treadmill after use.
- Use a dry cloth to clean the control panel and areas around the power switch. Use a soft clean cloth and cleanser to remove stubborn stains and dirt off the running belt.
- Tighten the running belt once a month.
- Keep your treadmill in a safe dry place away from heat and water.

USAGE OF SILICONE OIL

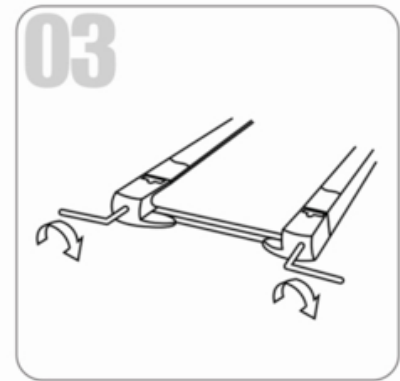
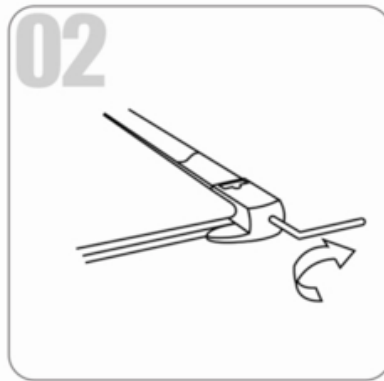
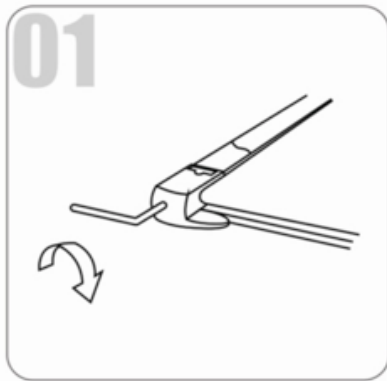
Pull up tightly of the running belt. Then put the silicone oil to running board. Then start the machine to running 3 minutes without loading. It is better to maintain like this every 30 hours working of the machine. This can save lifetime of parts properly.

**We recommend that you do the following:**

- Disconnect the power cord after every use, especially when children are present.
- Clean the treadmill after use.
- Use a dry cloth to cover the control panel and areas around the on/off switch clean.
- Use a soft clean cloth and detergent to remove stubborn stains and dirt from the treadmill.
- Tighten the treadmill once a month.
- Keep your treadmill away from heat and water in a safe, dry place.

Regular maintenance prolongs the life of your treadmill and prevents injury!

RUNNING BELT ADJUSTMENT



01. Running belt deviates to left

Start the machine, set speed at 2-3 km/h without a load on the belt, use Allen key to turn the screw 1/4 turn (see fig. 1). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

02. Running belt deviate to right

Start the machine, set speed at 2-3 km/h without a load on the belt, use Allen key to turn the screw 1/4 turn (see fig. 2). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

03. Running belt jam

If the running belt is in dead condition, use the Allen key to turn the screw 1/2 a turn both left and right until the jam solved (see fig 3).

04. Treadmill shocks when running

Adjust the tightness of the tire in time, as it becomes looser through use.

In this case, remove the safety pin and switch and turn the left and right adjusting bolts 1/4 turn clockwise.

Start walking again until the tire has the correct tightness.

This treadmill is designed in a way that in the event of an electrical fault, the machine will turn off automatically to prevent any injuries to the user and to prevent damage to the machine (i.e. motor). When the treadmill behaves erratically, simply reset the treadmill by turning the power switch off, waiting for 1 minute then turning the power button back on.

If, after you have reset the treadmill, it is still not running correctly, please run the self-checking analyse (please refer to Self-Checking) to distinguish what type of error problem the machine is encountering.

Before attempting any work on the treadmill, ensure that the power is off and the plug is removed from the power point. Do not use extension leads as it may lead to power decrease and failure.

ERROR CODE	DESCRIPTION	SOLUTION
E02	Over voltage protection of motor	<ol style="list-style-type: none"> 1. Make the machine self-checking again 2. Change the controller
E03	Over current protection	<ol style="list-style-type: none"> 1. Clean the dust between running board and belt, then put some oil 2. If the running belt wear seriously, please change running belt
E04	The motor open circuit	<ol style="list-style-type: none"> 1. Check the connect wire of motor, if the connect wire loose, pls connect it again 2. The motor carbon brush wear, replace the carbon brush or motor 3. Change the controller
E05	EEPROM damage or access problems	Change the controller
E06	Communication error	Check the connect wire between incline motor and control board, if it loose or broken, pls change the wire
E07	Incline error when self-checking	<ol style="list-style-type: none"> 1. Check the connect wire between incline motor and control board, if it loose or broken, pls change the wire 2. Change the incline motor
E08	Speed error when self-checking	<ol style="list-style-type: none"> 1. Check the distance from speed sensor to the magnetic of roller, and ajust it with 3mm 2. Change the speed sensor
E09	Short-Circuit problem	Change the control board

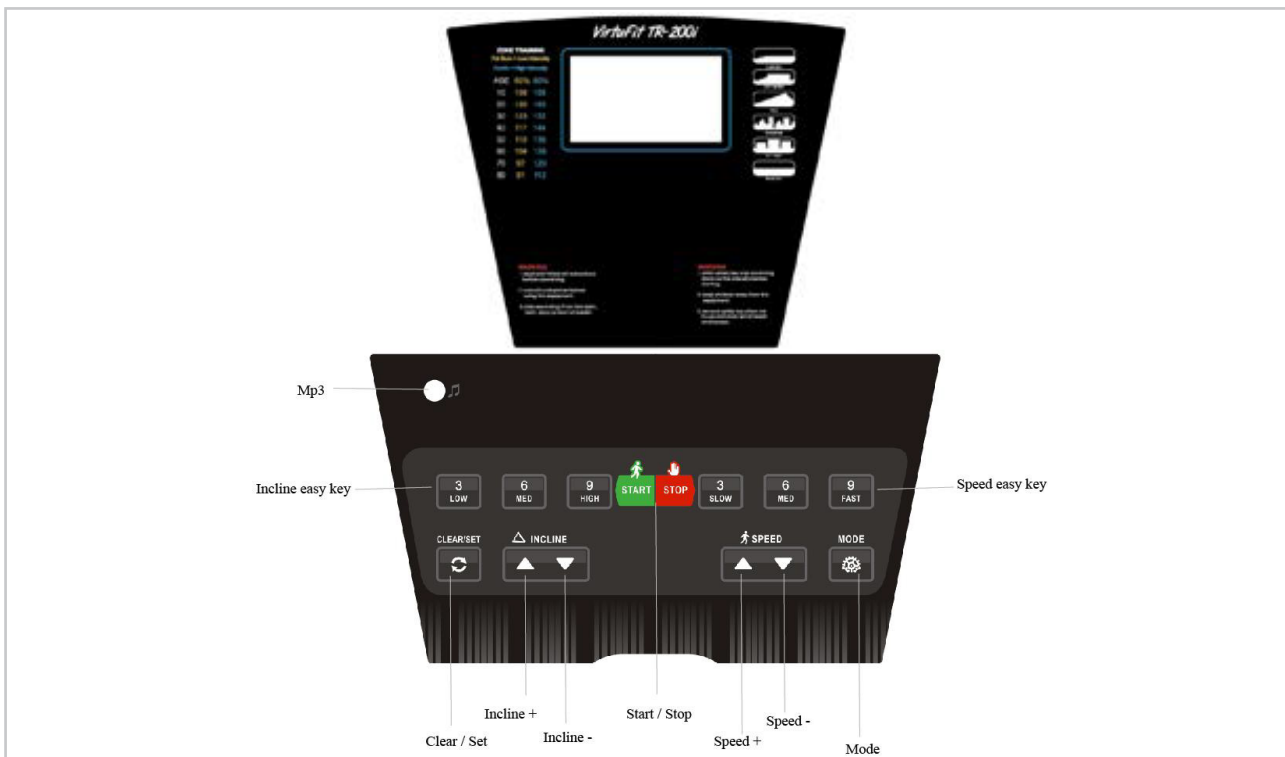
ERROR CODE	DESCRIPTION	SOLUTION
"_"	Safety key not connected	Insert safety key
ER	When treadmill at running state, the incline window display "Er", it is incline VR error	<ol style="list-style-type: none"> 1. Check the connect wire between incline motor and control board, if it get loose or broken, pls connect it again or change it 2. Change the incline motor

No Power

- Check fuses (They are located on the controller under the motor cover).
- Check power outlet (Plug something else into the power outlet to ensure that the power outlet is working correctly).
- Check Power Cable (You may need to take it to an electrician).
- Ensure that the safety key is installed, as the treadmill will not power on without it.

If you can not solve the problem, please contact your dealer.

KEYS FOR CONSOLE



KEY	DESCRIPTION
MODE	Power on the machine, press it to choose pre-set programs P1-P36. Press CLEAR/SET to exist.
START/STOP	Power on the machine, press it to start running. When running,press it to stop and record the running. Press CLEAR/SET to clear up the record.
CLEAR/SET	Power on the machine, press it to choose time,distance,calorie count-down training. When running, clear up time,distance and calorie.
(4) SPEED +	When running, press it to increase speed by 0.5km/h. Hold on it, speed is increased continuously.
(5) SPEED -	When running, press it to decrease speed by 0.5km/h.Hold on it, speed is decreased continuously.
(6) QUICK SPEED	Speed 3,6,9, when running, press it to choose speed.

KEY	DESCRIPTION
(7) INCLINE +	When running, press it to increase incline by 1 level. Hold on it, incline is increased continuously.
(8) INCLINE -	When running, press it to decrease incline by 1 level. Hold on it, incline is decreased continuously.
(9) QUICK INCLINE	Incline 3,6,9, when running, press it to choose incline.
(10) INCLINE + in handvatten	When running, press it to increase incline by 1 level. Hold on it, incline is increased continuously.
(11) INCLINE - in handvatten	When running, press it to decrease incline by 1 level. Hold on it, incline is decreased continuously.
(12) SPEED + in handvatten	When running, press it to increase speed by 0.5km/h. Hold on it, speed is increased continuously.
(13) SPEED - in handvatten	When running, press it to decrease speed by 0.5km/h. Hold on it, speed is decreased continuously.

USER'S MODE OPERATION

COUNT-DOWN TRAINING

Power on the machine, press CLEAR/SET to enter TIME count-down training, press it again to enter DISTANCE count-down training, press it once more to enter CALORIE countdown training. Finally press CLEAR/SET to exit.

TIME COUNT-DOWN TRAINING

Power on the machine, press CLEAR/SET, TIME figure glitering, showing 30:00. Press SPEED+,- to choose the time between 5-99minutes. Press START/STOP to start at speed of 1.0km/h. Speed can be adjusted by pressing SPEED+,-. The machine stops when time shows 00:00.

DISTANCE COUNT-DOWN TRAINING

Power on the machine, press CLEAR/SET two times, distance figure glitering, showing 1.0km. Press SPEED+,- to choose the distance between 1.0-9.0km. Press START/STOP to start at speed of 1.0km/h. Speed can be adjusted by pressing SPEED+,-. The machine stops when distance shows 0.00.

CALORIE COUNT-DOWN TRAINING

Power on the machine, press CLEAR/SET three times, calorie figure glitering, showing 50CAL. Press SPEED+,- to choose the calorie between 10-990CAL. Press START/STOP to start at speed of 1.0km/h. Speed can be adjusted by pressing SPEED+,-. The machine stops when calorie shows 0.

QUICK-START OPERATION

Press and release the START/STOP to begin belt movement, at 1.0 Km/h, then adjust to the desired speed using the '+' or '-'. You may also use the quick speed keys (3, 6 and 9) to adjust the speed. You can also use 'speed +' or 'speed -' to adjust the speed on handrail. To slow the treadmill down, press and hold the 'speed -' key to desired speed. You may also press the rapid speed adjust keys: 3, 6, 9.

- In a state of running, single press START/STOP, the walking belt will gradually slow down.
- In the state of running, single press CLEAR/SET will reset time, distance, calorie.

INCLINE FEATURE

- Incline may be adjusted anytime after belt movement.
- Incline can't be back to 0 after removing safety key.
- Incline can be back to 0 after starting machine again.

PULSE GRIP FEATURE

Hold on both stainless steel pulse sensors in the handrails, the The Pulse (Heart Rate) console window will display your current heart rate during the workout within 15 seconds . Note: You must use both stainless steel sensors to display your pulse.

CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout.

NOTE:

This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

HEART RATE CONTROL (HRC)

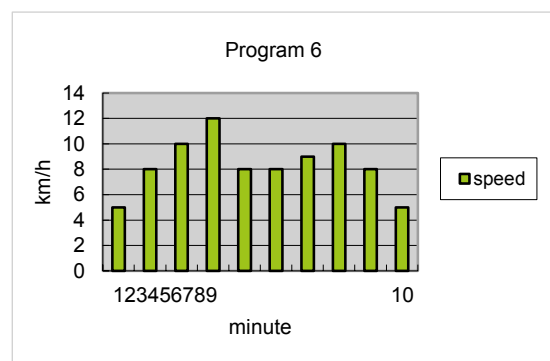
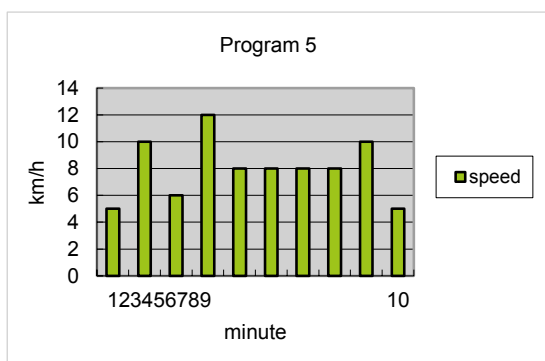
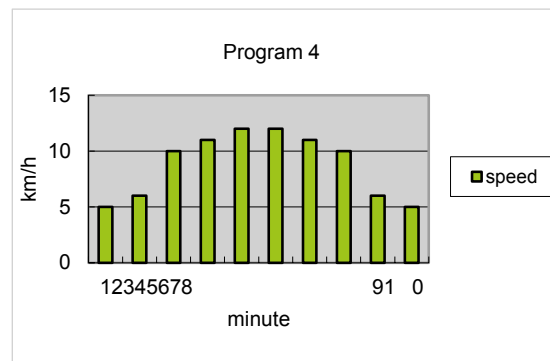
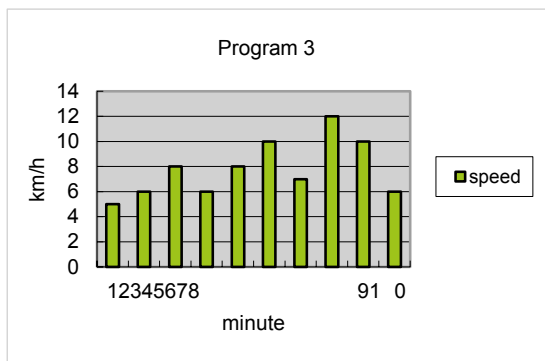
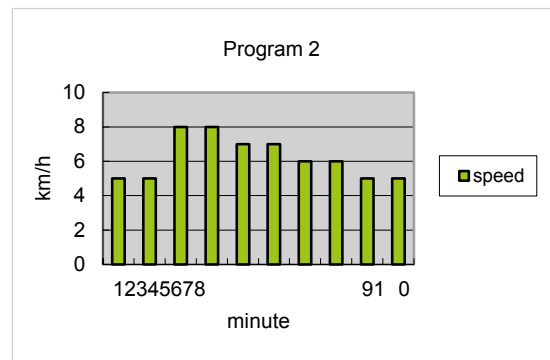
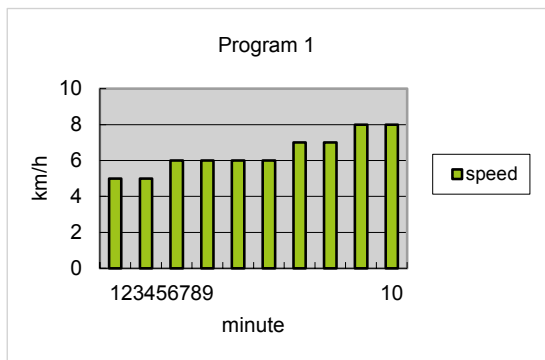
Press the mode button until the LED monitor shows HRC. Select the program by pressing the "Clear/Set" button. Then select the (target) heart rate by pressing the "Speed up" or "Speed down" button. Press "Start" to start the HRC program. During this program, the speed and incline will change based on your heart rate. The incline become higher as soon as the pre-entered target heart rate has not yet been reached. If this heartbeat is exceeded, the speed and incline will decrease.

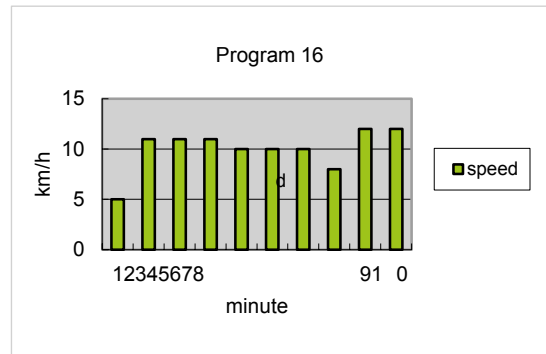
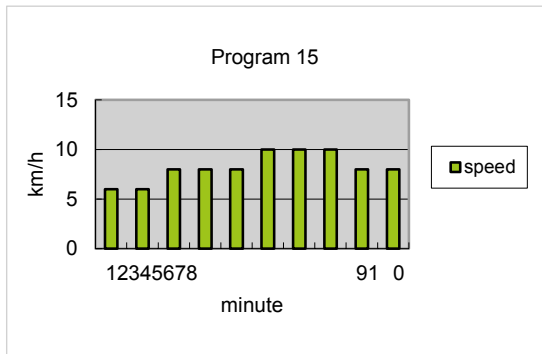
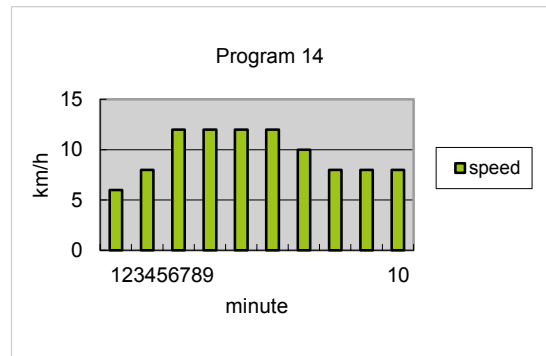
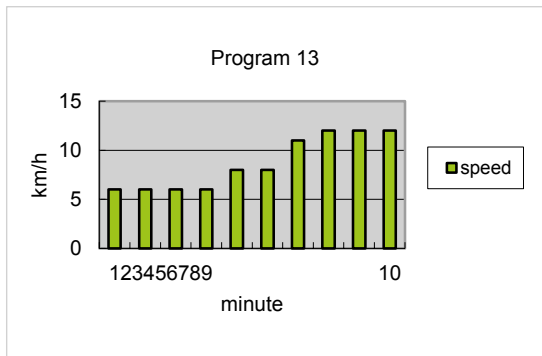
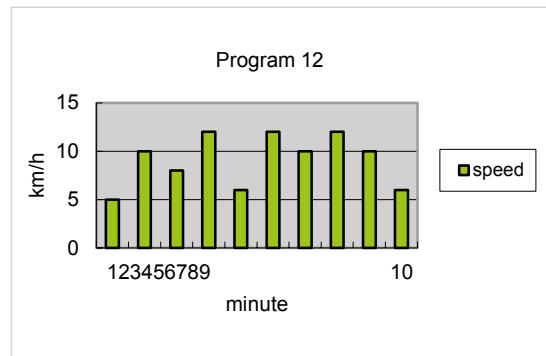
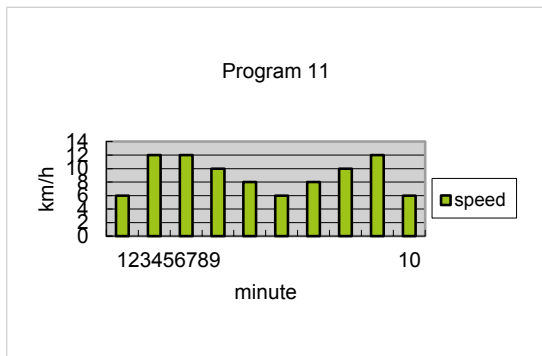
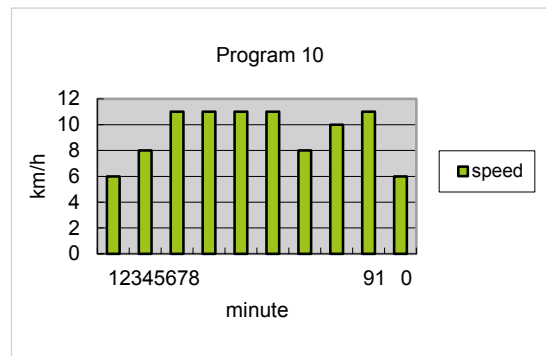
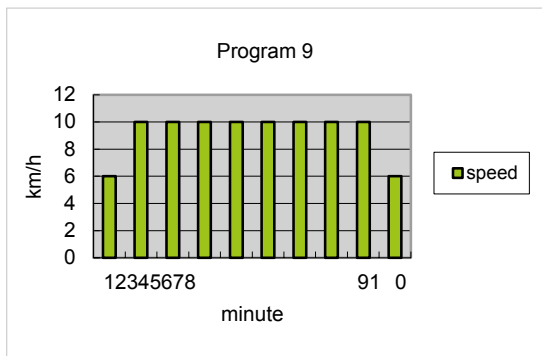
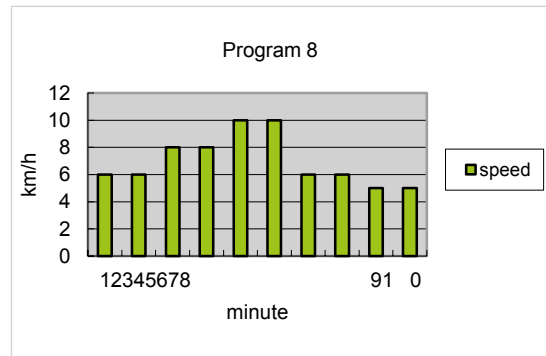
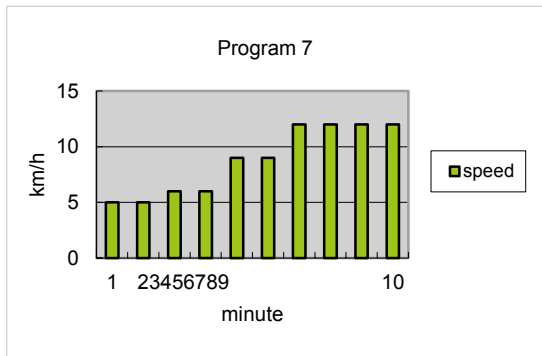
This treadmill offers 36 present programs (P1-P36). The first 24 preset programs (P1 to P24) are only for speed; the another 12 preset programs (P25 to P36) are a combination on speed and incline (fatburn, hill and fittest). Each preset program has a maximum speed level that is displayed when a desired workout is chosen. The speed that the particular program will achieve will be displayed in the Speed window. Each program has various speed changes throughout.

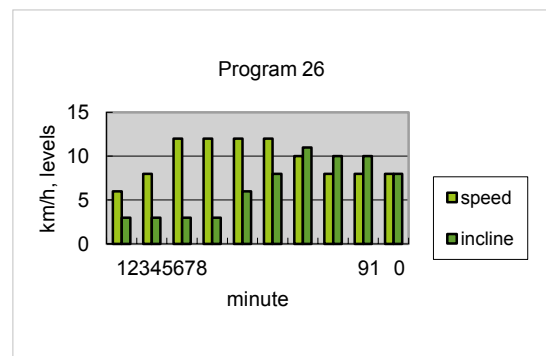
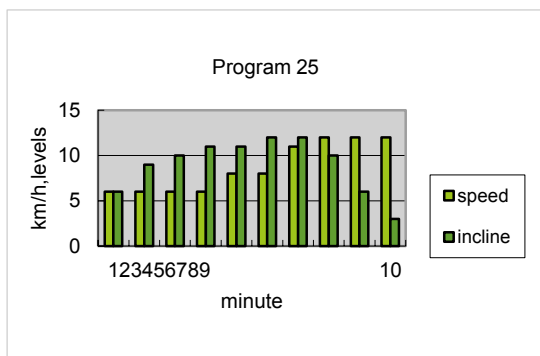
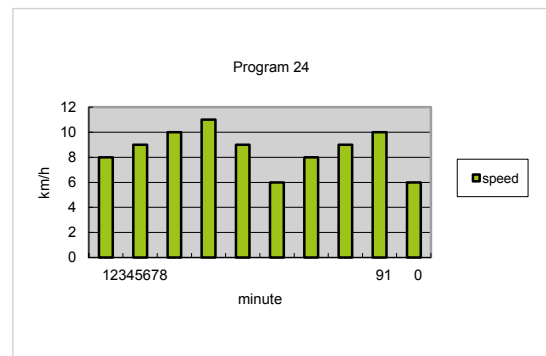
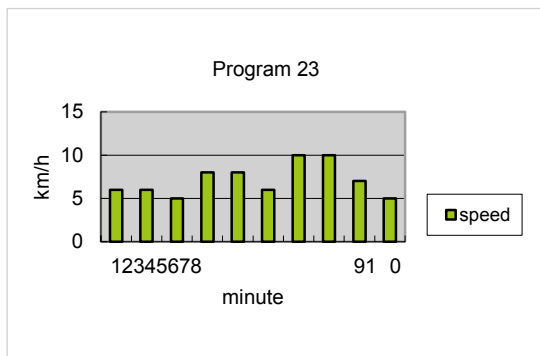
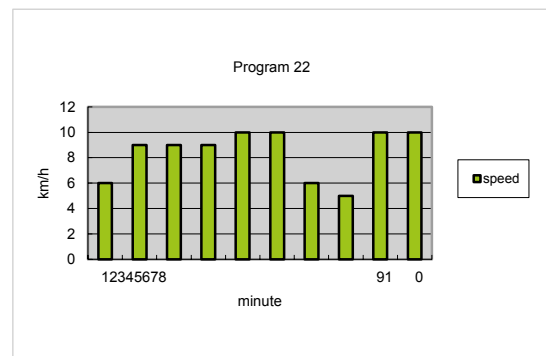
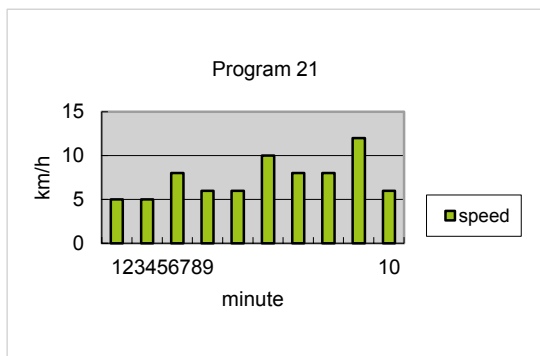
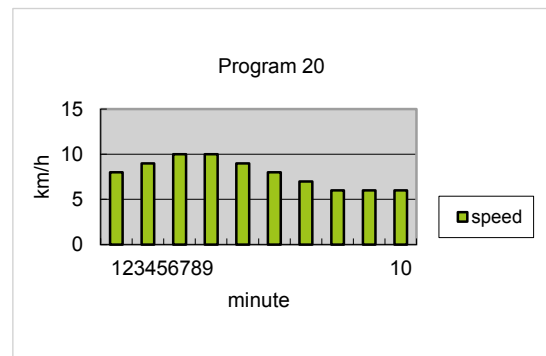
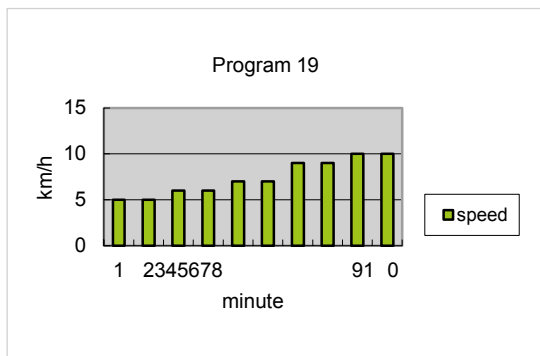
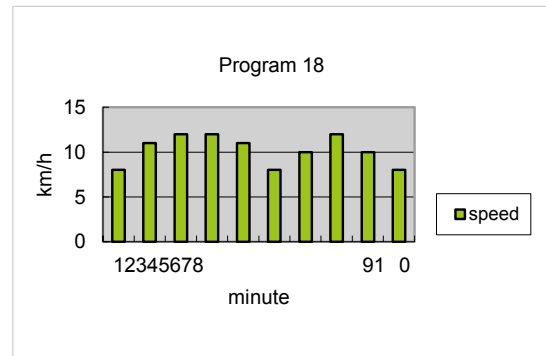
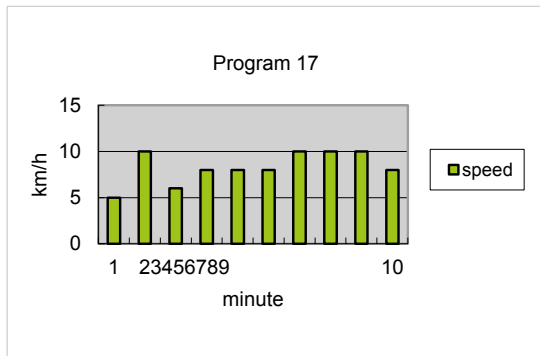
To Select a Program:

Make sure the machine is in the stop position, single press 'clear' to enter into resetting state. Press 'MODE' to choose desired program (P1,P2,P36), then press and release 'START/STOP' to begin the program with default values. The speed window will now be showing the preset speed of the selected program.

Each program will continue 10 minutes. After every one minute program and speed can be altered manually or automatically. 3 Seconds before the ending of program a buzzer will sound three times, then the running belt will come to a stop.







ANDROID APP

App installation for Android users:

Scan the QR barcode to directly locate FitShow in the App Store on your device.

NOTE:

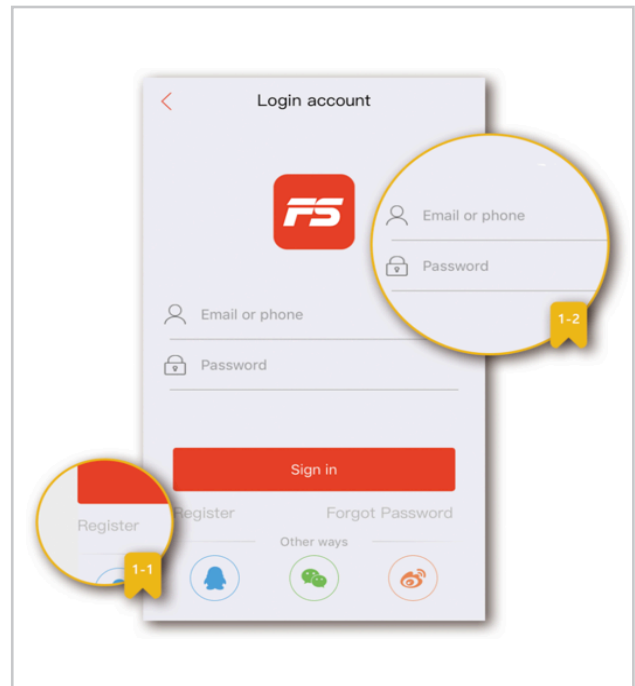
In order to scan the QR Code, you must first download the QR reader app on your device. Available in both Apple Store & Google Play Store.



Creat a username and password

For first time users, you must sign up for a username and password in order to save your personal workout history. If you've already registered, please enter your surname and password to login.

Please register with an email address or phone number then select a username and password for your FitShow account.



How to sync device

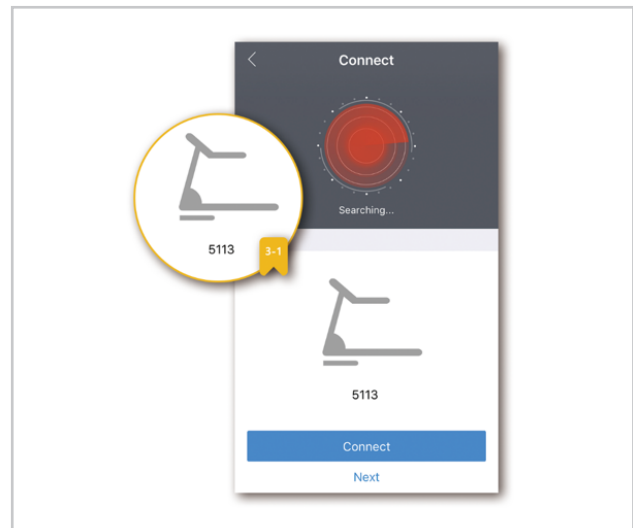
Enable Bluetooth on your device for indoor exercise. Simply click the red "INDOOR" button and begin exercising and the FitShow App will record your workout progress.

NOTE:

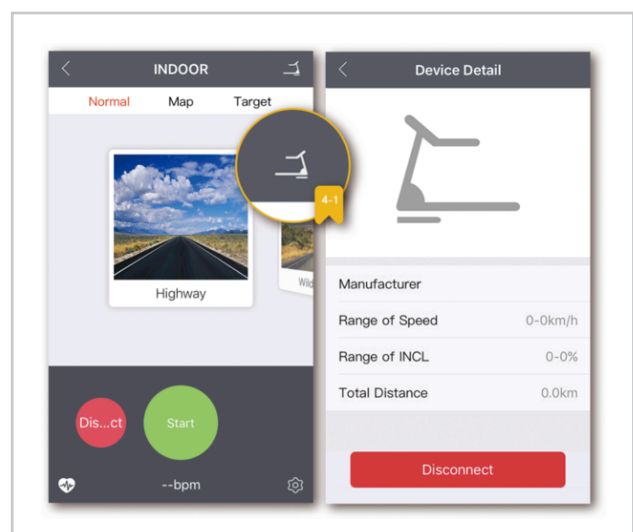
Click the blue "OUTDOOR" button to access GPS mode, enabling you to continue tracking your workout history while running outdoor.



With bluetooth enabled, it will automatically locate your device. Connect to the corresponding device to ensure proper intergration.



Once connected, if you click image of device, the Device Details will appear, displaying the obtainable range of specifications.

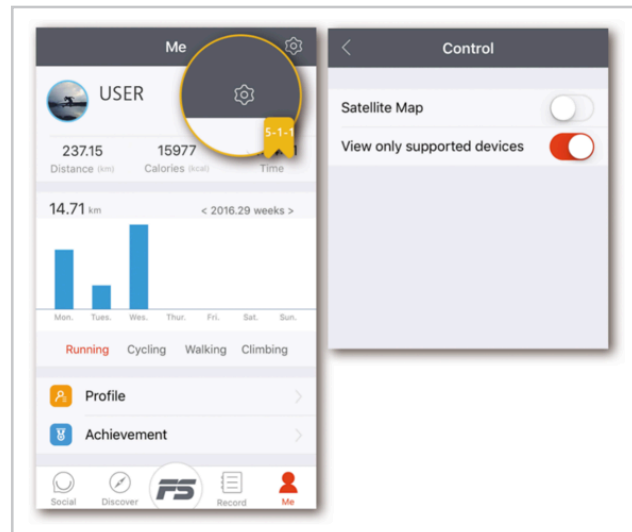


Operational instructions

View only supported devices: Only related fitness equipment will be shown, when synced with Bluetooth.

To change other settings, follow these instructions:

- Click "ME" located on the bottom right.
- Click "Settings" on the bottom and click "Enable Control"



Once connected, the App will display four modes, you can select one mode and click "START" button to begin exercising.

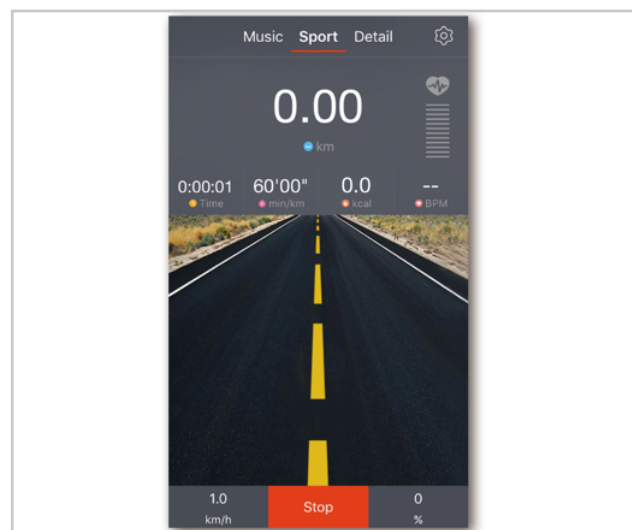
WARNING

Move with caution while exercising and using the App as multitasking may be a distraction.



Start exercising

Once you begin exercising, your workout progress of Time Elapsed, Calories Burned, Distance Traveled, Steps Per Minute, Heart BPM, Average Speed, and Average Pace will be displayed. Once you've completed your workout, hit the "STOP" button and the FitShow will save this record in your workout history.



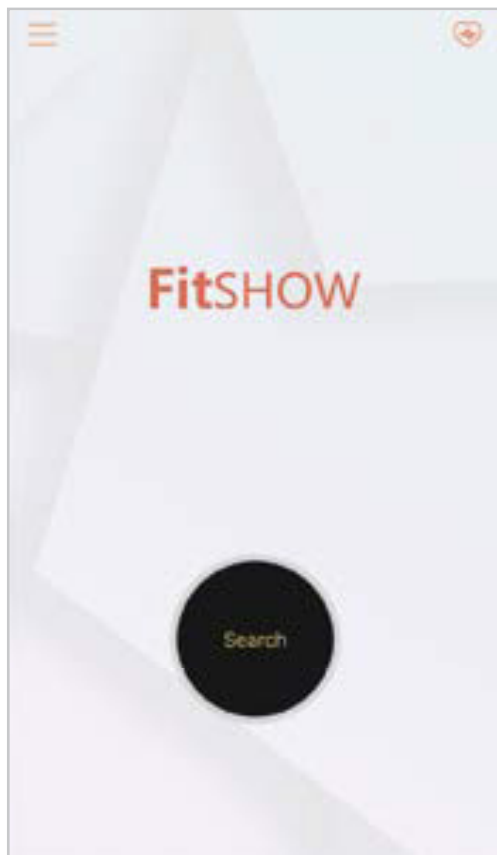
IOS APP

App installation for iOS users:

Download the FitShow Lite app from the App Store.

Open the App

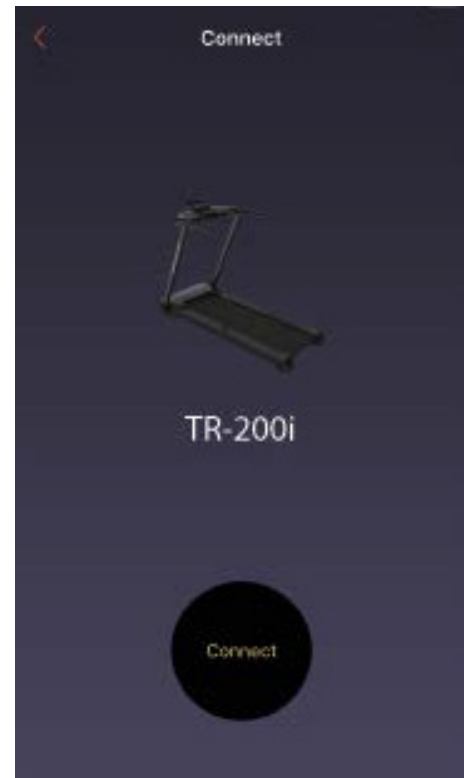
Click on "Search" to search your fitness device. The app will ask you now to log in or to continue as a guest.



*For the first use you can sign up. Enter a username and password to save your personal training history.
If you already registered, enter your username and password to log in.*

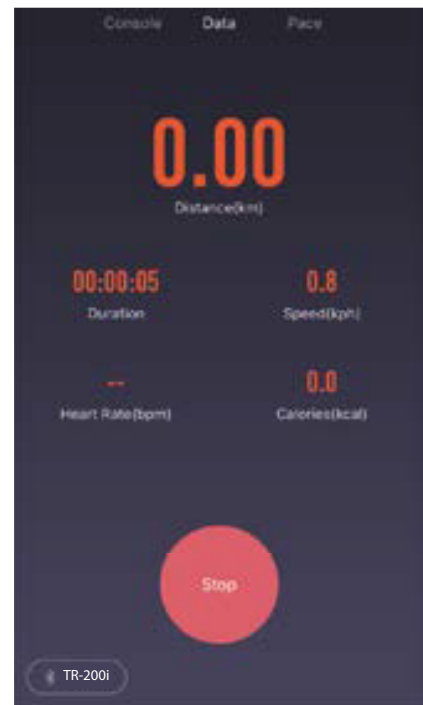
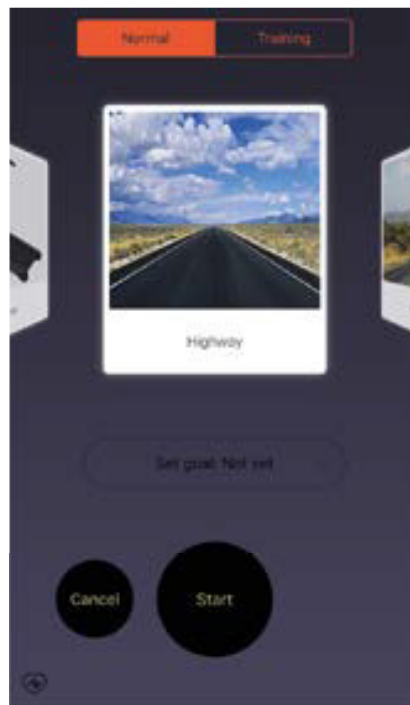
Connect to the fitness device

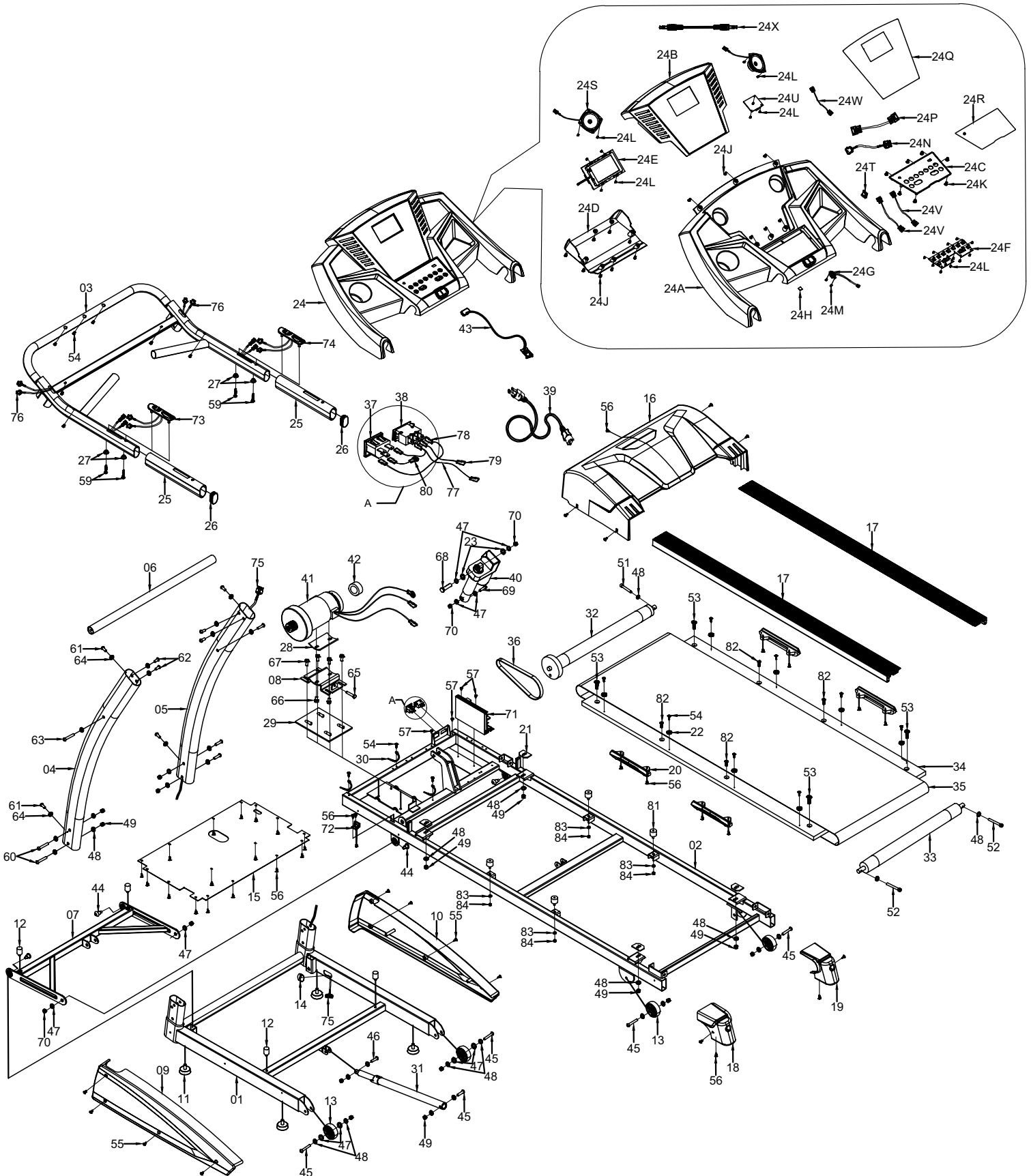
After you have logged in or continued as a guest, the app will search for the fitness device. Make sure you are near the fitness device and the Bluetooth is turned on. Then you will see your device in the list and select it.



Start training

Select a training mode and start the training. During the training you can view the data and possibly use a scene. When you have finished the training, select "STOP". If you have created an account, the app will remember your data.





No.	Description	Q'ty
01	Basic frame	1
02	Main frame	1
03	Console Bracket	1
04	Left upright	1
05	Right upright	1
06	Strengthen tube	1
07	Incline frame	1
08	Motor basic frame	1
09	Left side cover	1
10	Right side cover	1
11	Adjustable cushion	4
12	cushion 35*Φ20	4
13	Moving wheel	4
14	rubber stopper	1
15	Lower motor hood	1
16	motor cover	1
17	Side rail	2
18	Left end cap	1
19	Right end cap	1
20	Cushion	4
21	Cushion for running deck	4
22	Side rail fixed buckle	8
23	Plastic cushion	2
24A	Upper console cover	1
24B	Console board	1
24C	Key board	1
24D	Lower console cover	1
24E	Main control board	1
24F	Button board	1
24G	Safety key sensor	1
24H	Sheet iron	1
24J	Pan head crew ST4.2*13	14
24K	Flat head screw ST4.2*13	7
24L	Round head screw ST3*8	23
24M	Flat head screw ST3*8	2
24N	Console cable	1
24P	Cable for button board	1
24Q	Console sticker -1	1
24R	Console sticker -2	1

No.	Description	Q'ty
30	Tie	3
31	Air spring	1
32	Front roller	1
33	Rear roller	1
34	Running deck	1
35	Running belt	1
36	V-belt	1
37	Socket	1
38	Switch	1
39	Power cord	1
40	Incline motor	1
41	Motor	1
42	Magic ring	1
43	Safety key	1
44	Bolt M10*28	4
45	Bolt M8*45	5
46	Round head Bolt M8*35	1
47	Φ10 Flat washer class C	10
48	Φ8 Flat washer class C	33
49	Nylon Nut M8	14
51	Bolt M8*55	1
52	Bolt M8*80	2
53	Countersunk head Bolt M8*35	4
54	Cross pan head screw ST4.2*13	18
55	Flat head screw ST4.2*13	8
56	Cross umbrella head screw ST4.2*13	35
57	Black zinc screw M4*8	4
59	Screw ST4.2*38	4
60	Screw M8*50	4
61	Screw M8*16	4
62	Screw M8*12	4
63	Screw M8*55	2
64	Saddle washer Φ8	4
65	Hexagon Bolt M8*35	1
66	Bolt M8*12	2
67	Bolt M8*16	4
68	Bolt M10*50	1
69	Bolt M10*65	1
70	M10 non-metallic insert hexagon lock nut,type 1	4

24S	Speaker	2
24T	Audio head fixing plate	1
24U	Blue tooth receiver	1
24V	Audio head cable	2
24W	Speaker cable	1
24X	Mp3 cable	1
25	Handle foam	2
26	Oval end cap 50*30	2
27	Plastic screw socket	4
28	Motor Bumper Pad 1	1
29	Motor Bumper Pad 2	1

71	Controller	1
72	Speed sensor	1
73	Incline easy key	1
74	Speed easy key	1
75	Upright cable	1
76	Easy key cable	2
77	AC input cable(black)	1
78	AC output cable(red)	1
79	AC input cable(red)	1
80	Ground cable(yellow-green)	1
81	Spring cushion	4
82	Countersunk head Bolt M6*25	4
83	Φ6 Flat washer class C	4
84	Nylon Nut M6	4

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For questions or missing parts please contact your dealer.