

virtuafit

TR-900i 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.

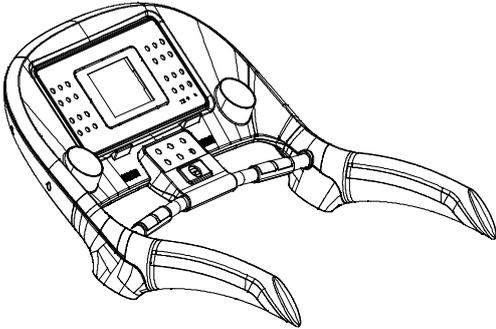
ATTENTION

- 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.

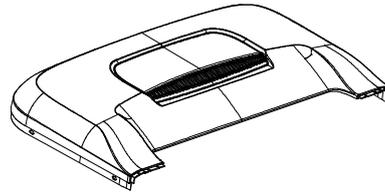
- The treadmill is for indoor and not outdoor use to prevent damage on the product. Keep the storage area dry, clean and flat. It is forbidden to use the device for other purposes than before training.
- Only use the power cable supplied by the supplier for the treadmill. If the cable is missing, please 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 150 KGS.
- Please keep the space at least 1 X 2 meter at the end of base frame to escape any accidents!

TOOL KIT

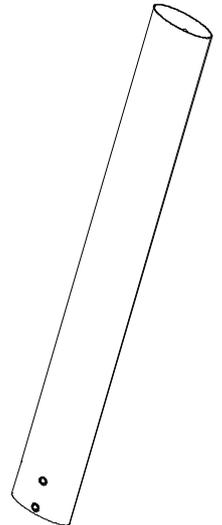
When you open the carton, you will find the below parts in the carton:



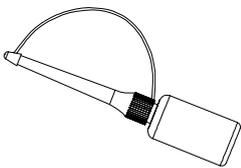
Console



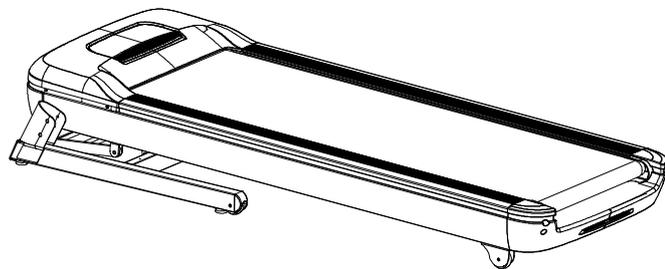
Motor cover



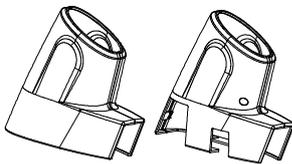
Upright post
(L/R)



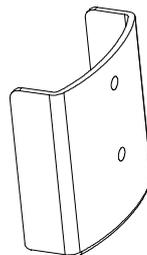
Silicon oil



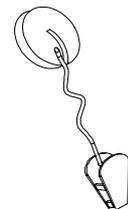
Main frame



Base cap 1 & 2 (L)
Base cap 1 & 2 (R)

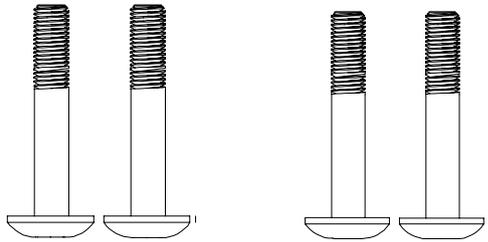


Console clamping ring

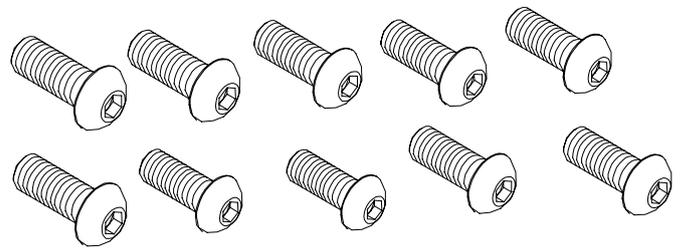


Safety key

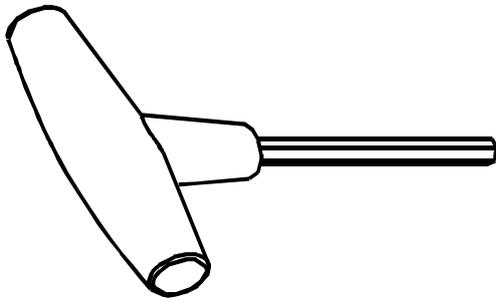
TOOL KIT



Allen screw (half) M8*60*20 (4 pieces)



Allen screw (full) M8*15 (10 pieces)



T shaped wrench M6 (1 piece)

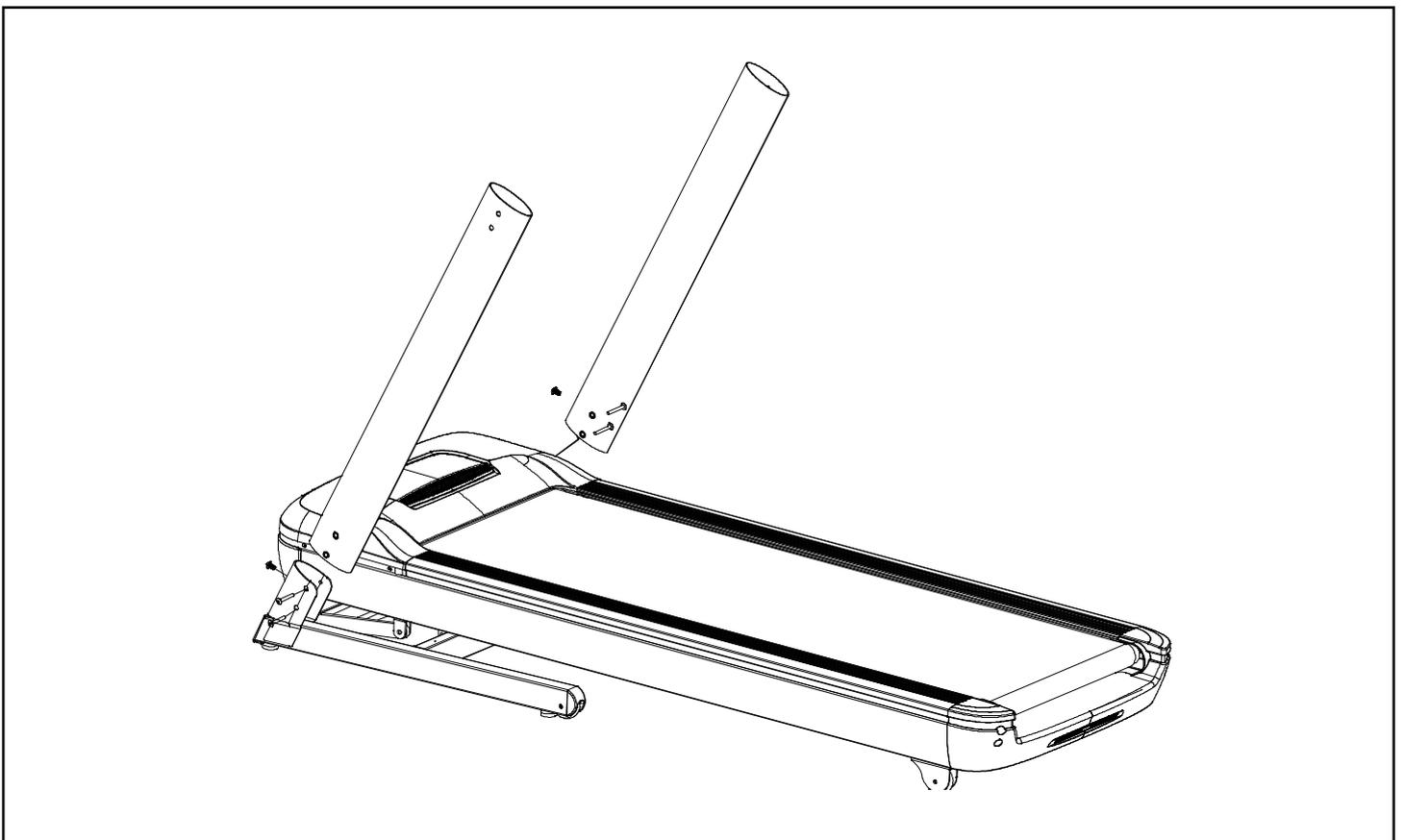


Cross wrench (1 piece)

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.

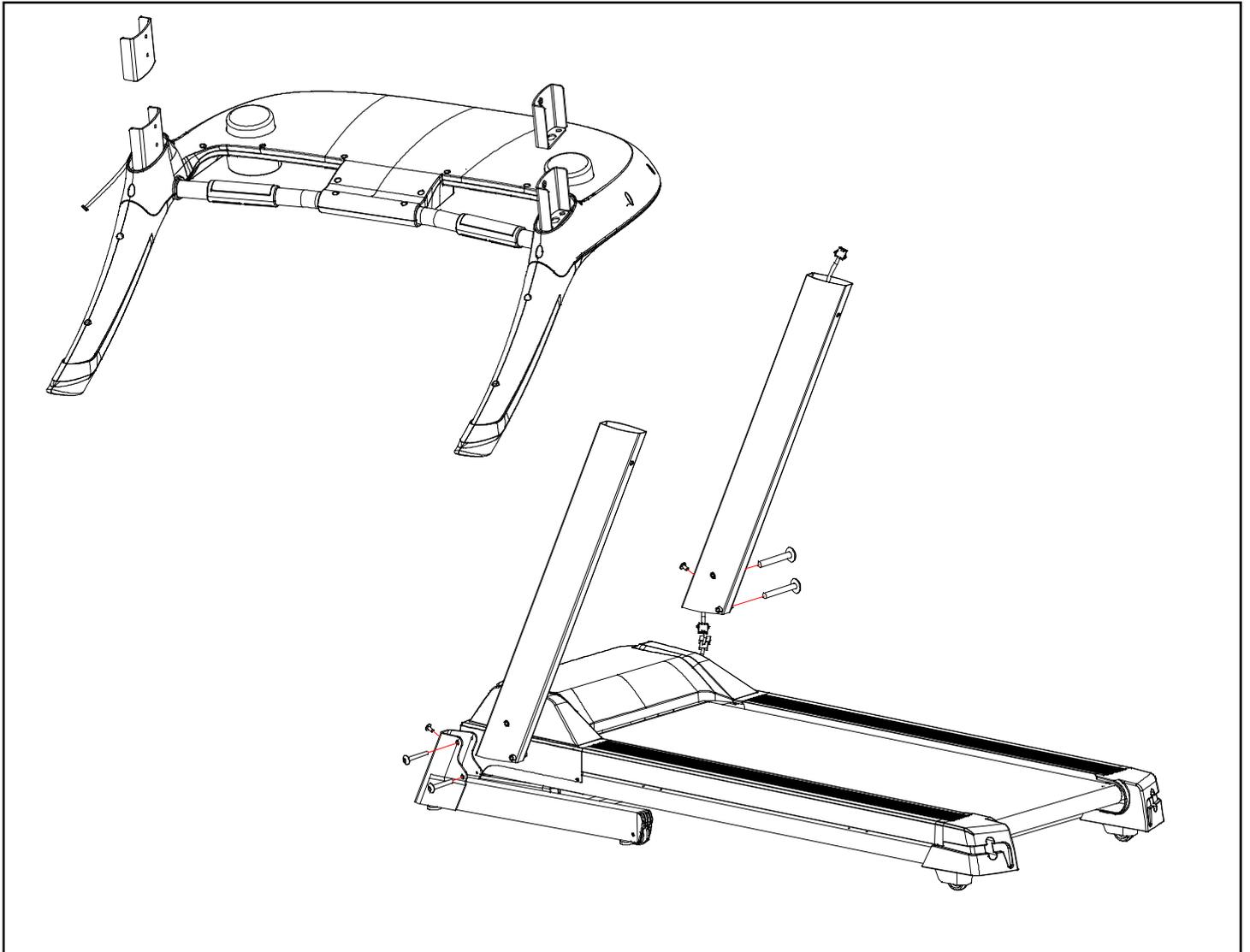
Socket screws: The treadmill contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



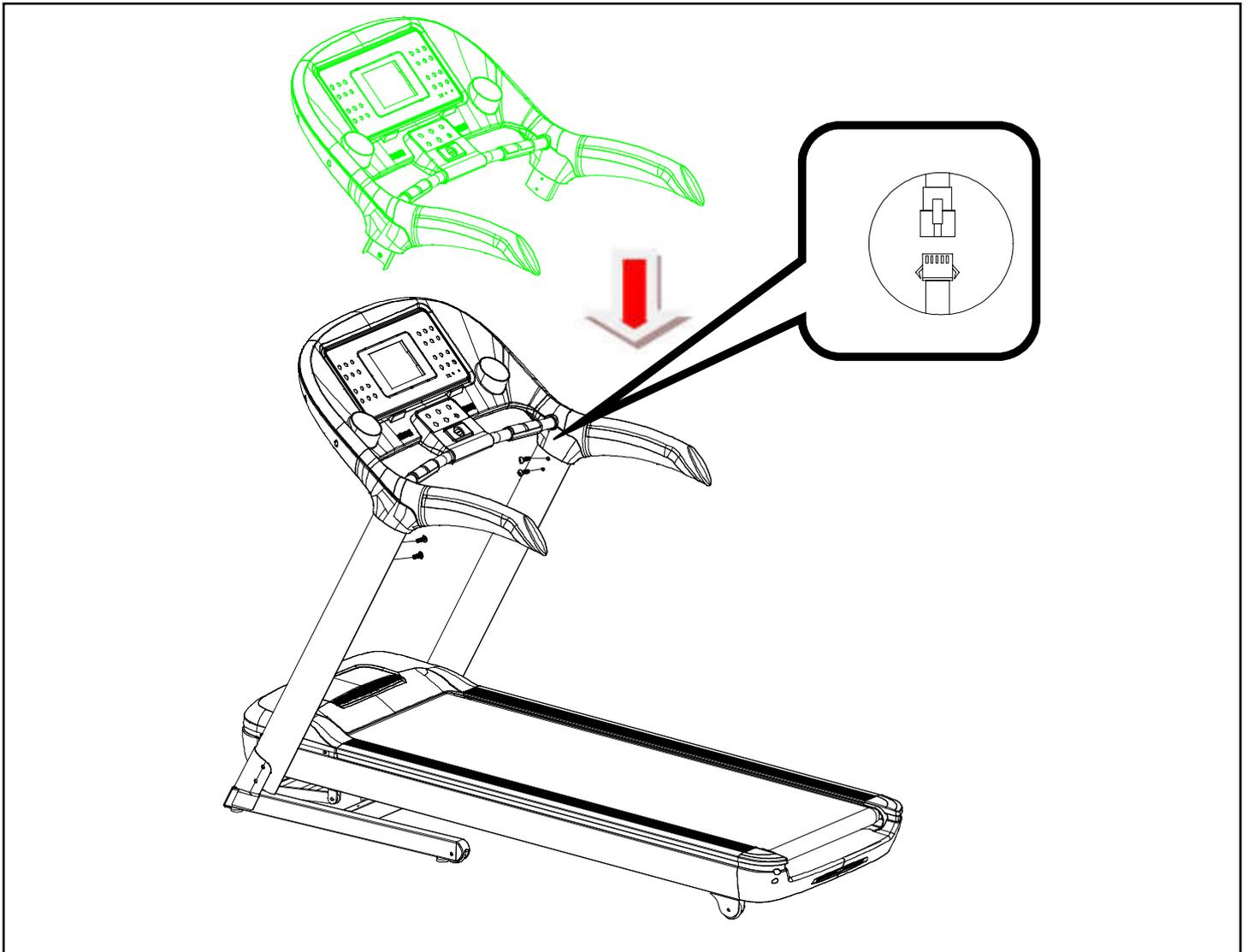
- Take out the machine from box and put in on a flat floor.
- Insert the upright post into the clamping ring of both sides of the main frame;
- Attach the upright post with two M8*60*20 bolts on the side of the tube and with a M8*15 bolt on the front. Tighten all bolts securely.

STEP 2



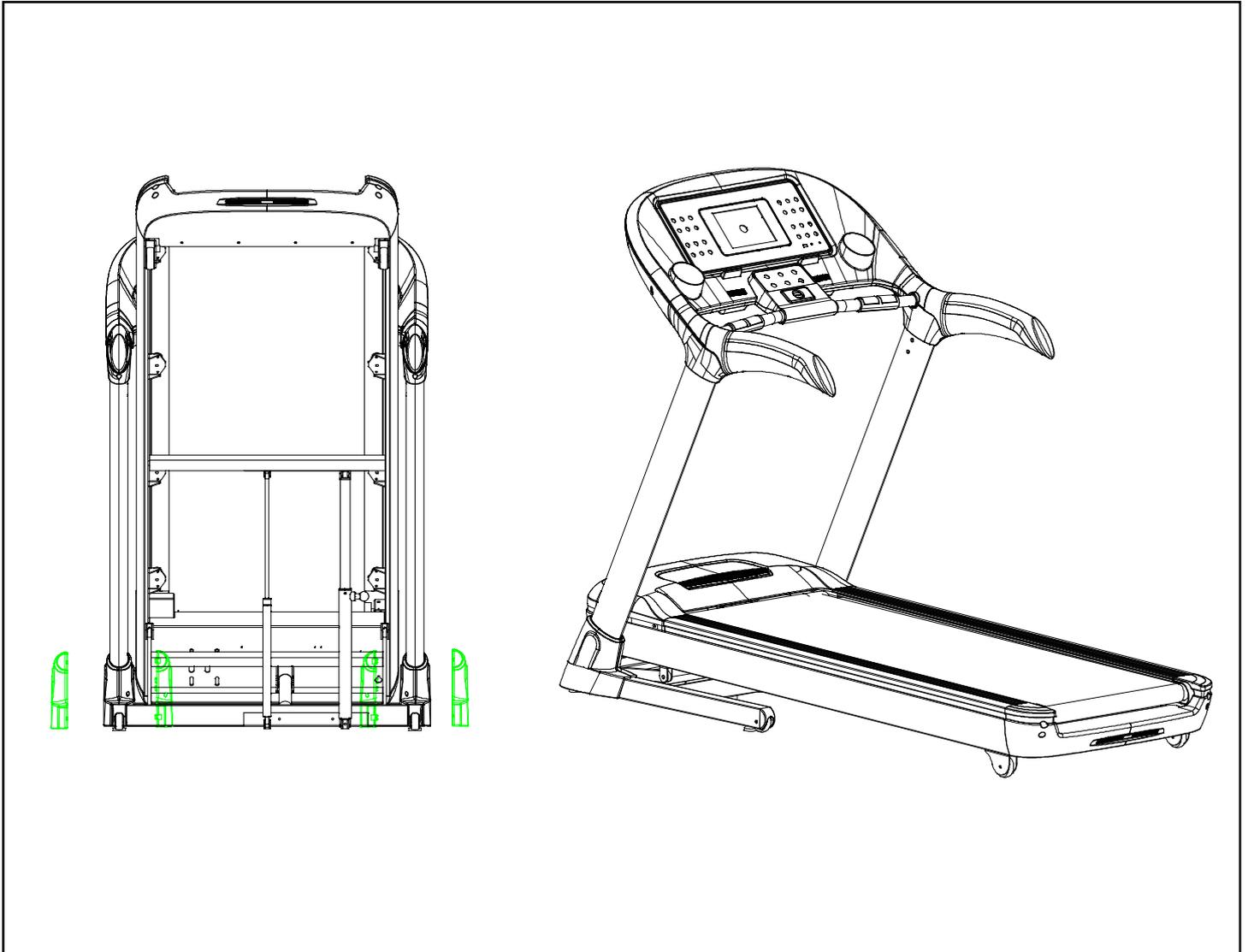
- Put the console on a flat and clean floor. Preferably use a mat to prevent scratches;
- Remove the clamping ring from the console frame and align the hole on the two sides of the handles (note: take the cable from the right handle out of the hole of the clamping ring to prevent the cable from pinching), lock them using two M8*15 screws.

STEP 3



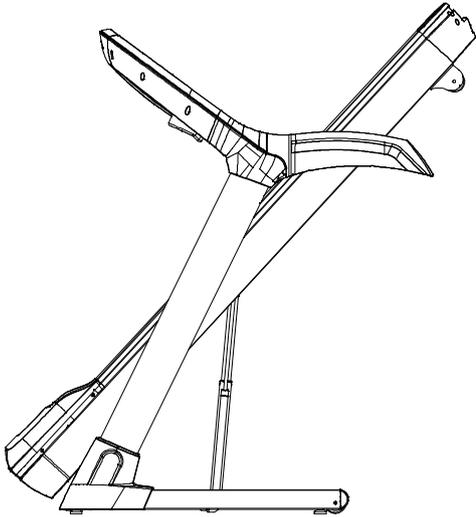
- Insert the console with the installed console clamping ring into the upright tubes (connect the cable until they snap in). Be careful and avoid pinching off the cable;
- Use screw M8*15 to secure the console to the upright tubes. Tighten all screws securely.

STEP 4



- Fold the machine by lifting the Running desk at the back. Install the caps L 1&2 and R 1& 2 (63, 64, 65, 66) with the self-tapping screw (33);
- Place the security key (78-8) on the console;
- The treadmill is ready to be used.

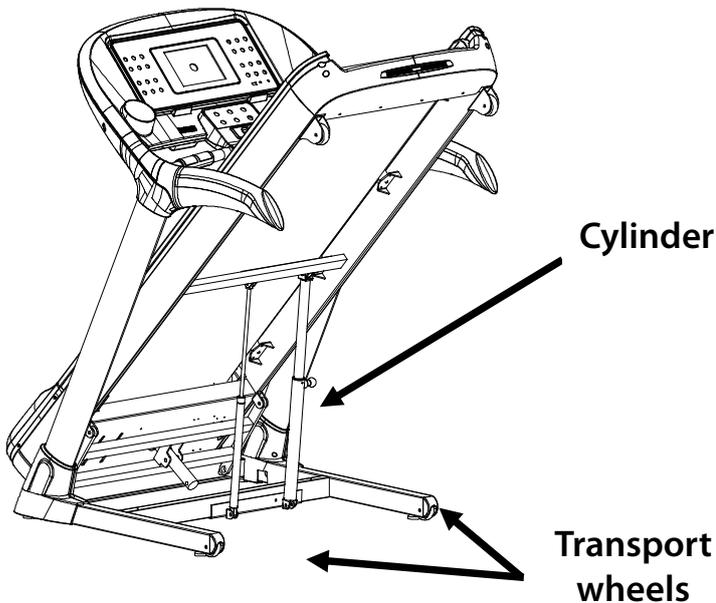
FOLDING INSTRUCTION



Fold up

Restore the incline in flat position. Unplug from power point before unfolding. Hold the running deck which and then fold it up with the arrow direction until you hear a “bang” voice from the air cylinder.

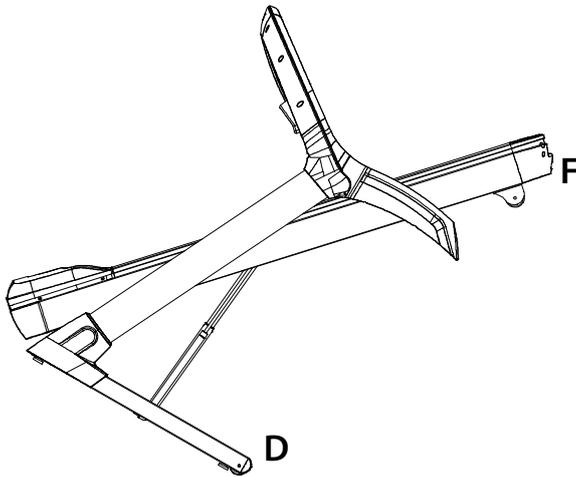
Attention: check to ensure cylinder locking device is enabled



Unfolding

1. Place one hand on handle bar, use the other to push top of the running deck forward.
2. Press one foot on the middle section of the cylinder to disengage the locking mechanism.
3. Hold the deck for a few seconds when it's slowly dropping then you can release your hands. Do not depress the running desk, it will fall down automatically with the gas spring.

TRANSPORT THE TREADMILL



To transport, hold the treadmill from position “F” to support it. Place one foot in position D to hold the bottom of the treadmill in place. Lower the treadmill (F). When the lower point is reached with (F), the wheels of the treadmill will become active. To transport the treadmill, hold the treadmill at position and lift the treadmill so it can roll over the ground with the wheels.

LUBRICATING THE BELT

RUNNING BELT AND DECK LUBRICATION

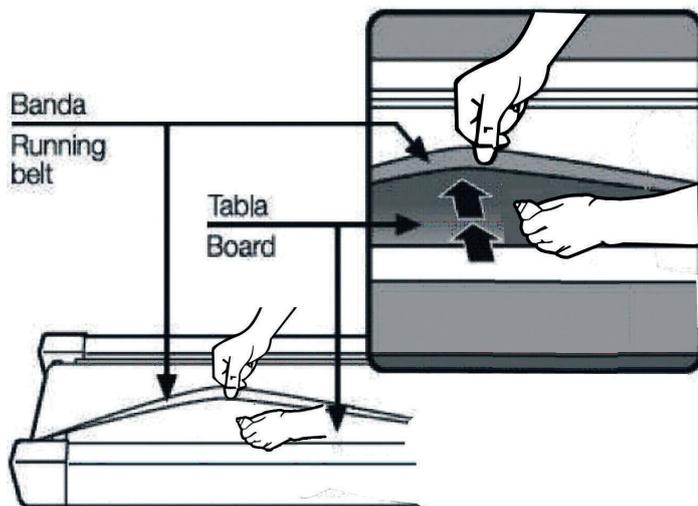
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you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

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

- I. Light user (less than 3 hours/ week) annually
- II. Medium user (3-5 hours/ week) every six months
- III. 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.



I. We suggest that you should cut off the power for 10 minutes after keep running 2HS ,so that it's good for maintain the treadmill.

II. 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 50-75mm on both sides, if the best not too tight and loose.

We strongly recommend that you do the following:

1. Switch off and remove the power cable from the wall after every use, especially if children are present.
2. Clean your treadmill after use.
3. 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.
4. Tighten the running belt once a month.
5. Keep your treadmill in a safe dry place away from heat and water.

RUNNING BELT ADJUSTMENT



(1) 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.

(2) 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.

(3) 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).

PROBLEM	REASON	SOLUTION
Treadmill doesn't work	A: Did not connect the power supply	Connect the power supply or switch on
	B: Safety key did not put well	Put the safety key on the correct positions
	C: The circuit of the signal short out	Check the input port of the controller and the signal port
	D: Circuit broken	Check input and output port and communication wire
	E: Transformer not connect well or transformer is defective	Reconnect the transformer or replace the transformer
Treadmill stops	A: Safety key drop out	Reconnect the safety key
	B: System abnormal	Ask for repairing
Button out of work	Button invalid	<ol style="list-style-type: none"> 1. Replace the keyboard and press the keyboard cable 2. Replace the motherboard 3. Replace the electronic form
E-01	A: Connect wire loose or defected	Well connect the wire or change the wire
	B: Console gets broken	Replace the console
	C: Transformer gets broken	Replace the transformer
	D: Motor controller gets broken	Replace the controller
E-02	A: Motor cable or motor breaks	Replace the motor
	B: Motor cable not connect well with the controller, or controller breaks	Check and reconnect the cable, or replace the controller
E-03	A: Speed sensor cable does not connect well with the controller	Check an reconnect the cable or replace the controller
	B: Controller defected	Replace the controller

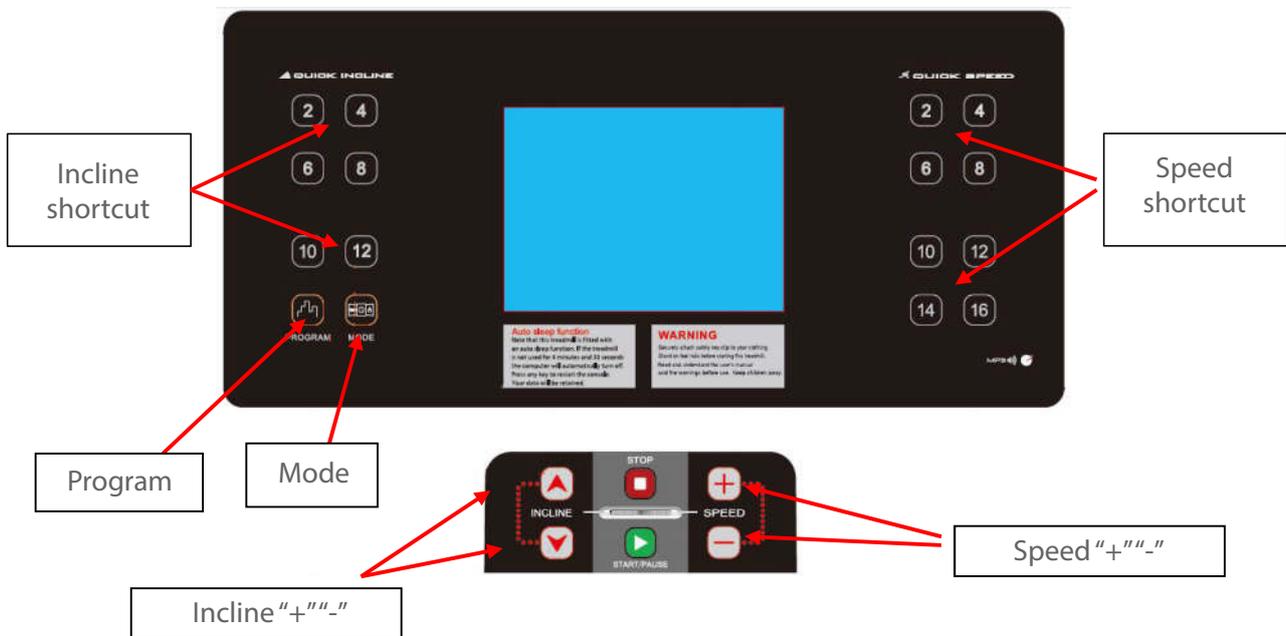
PROBLEM	REASON	SOLUTION
	C: Speed sensor not placed well	Place Speed sensor correctly
	D: Speed sensor defected	Replace the speed sensor
E-05	A: Controller defected	Replace the controller
	B: Motor defected	Change the motor
E-07	Console can not detect safety key	<ol style="list-style-type: none"> 1. Check the safety key whether it is on right position 2. Install the safety devise again, confirm the hole is in the middle 3. Replace the console
Bluetooth can not connect	A: Bluetooth defected	Change bluetooth part
	B: Bluetooth not connect right	Reset and reconnect bluetooth device
No pulse	A: Handle pulse wire did not connect well or wire defected	Well connect the wire or chang the wire
	B: Console circuitry defected	Change the console
Console short of display	A: The screw on the PCB is loose	Tight the screw well
	B: Console defected	Change the console

TREADMILL USE INSTRUCTION

- I. Power on, the treadmill will start to the lowest position, check the machine is normal.
- II. Attach the safety clip to the shirt.
- III. Before running, check that the treadmill is stable and that the treadmill is operating normally while standing on the side rails. When the treadmill is switched on, grasp the handlebar with one hand and press "START". The treadmill will go to 1.0 km/h in 5 seconds. Now stand on the treadmill. Press "SPEED" "+" and the engine accelerates with 2.5 ~ 3.5 km/h (this is the most suitable running speed). Grasp the handle with both hands at a constant pace on the running belt.
- IV. After a few minutes you can speed up running, it is required to hold the handlebars. Press "SPEED" "-" to slow down.
- V. Shortcuts can be used to go quickly to the desired speed while running.
- VI. Press "STOP" to stop the engine at any time while running.
- VII. Preset-mode: Press "SELECT" in standby mode to select one of the automatic operating mode as the current operating mode. Press "START" to start the treadmill. The treadmill starts to run automatically according to the selected mode. While walking press "SPEED" "+" or "SPEED" "-" to change the current speed.
- VIII. HRC-test (optional): Switch on the treadmill. Hold the HRC mental sensors with your hands, after a few seconds the heart rate display shows the heart rate value.

NOTE: The measured value can not be considered as the basis of medical treatment and is an approximation.

KEY DEFINITION



FUNCTION	FUNCTION EXPLANATION
DISTANCE	Displays the distance value.
CALORIE	Displays the calorie value.
TIME	Displays the time value.
INCLINE	Displays the incline value.
PULSE	Displays the heart rate value.
SPEED	Displays the speed value.

BUTTON	FUNCTION EXPLANATION
PROG	Program select key: when the treadmill is stopped, cycle select the program "P0-P3--> U01 ~U03 ----. FAT "as you prefer.
MODE	Mode selection key: When in manual mode press PO for normal mode to select from: Time count mode, distance count mode and calorie count mode.
START/PAUSE	When the treadmill has stopped, press "START" to switch the treadmill on again. When the running belt is moving, press "START" to pause the treadmill.
STOP	When the running belt is moving, press "STOP" once to slowly the treadmill. When the running belt is moving, press "STOP" twice to stop the treadmill abruptly. When the LCD window shows an ERR message, press "STOP" to delete the error message.
SPEED "+"	Increase the speed when running. Increase the parameter under the body fat testing.
SPEED "-"	Decrease the speed when running. Decrease the parameter under the body fat testing.
QUICK SPEED	With this shortcut, the treadmill can go at once to the desired speed.
	Increase the incline by pressing this key.
	Decrease the incline by pressing this key.
QUICK INCLINE	When the treadmill is moving, you can use this shortcut to go at once to the desired incline.

PROGRAM / START INSTRUCTION

A: PROGRAM

1. PO: Normal mode, time counting down, distance counting down, calories count mode.
2. 36 setting program: P01,P02,P03,P04,P05,,P36.
3. HRC-function (optional)
4. Body fat function: FAT

B: START INSTRUCTION

1. Place the safety clip on the safety key switch, the console lights up for 3 seconds.
2. Press "START" the time window shows: 5-4-3-2-1, which makes a beeping sound every second, the treadmill starts to move when counter is at 0.

SAFETY KEY INSTRUCTION

The safety key can be removed in each status, after which the display shows "E-07" and a buzzer sounds. Then carefully reset the safety key after which all buttons will light up for 2 seconds, then go to the manual start mode (equivalent reset).

MANUAL MODE

1. How to enter manual mode:

A: If the device is switched on, press the normal manual mode.

B: If the device is switched off, press "MODE" to enter manual mode.

2. You can set three functions in manual mode: time setting, distance setting and calorie burning setting; Go to manual mode, press "MODE" to set another mode and press "START" to restart the treadmill. Set the speed and incline. Standard speed: 1.0 km/u, standard incline: 0%.

A: When the manual mode is open, the window shows 0:00. When the engine is running, press "STOP" to stop the treadmill slowly. All settings are reset to the default settings.

B: In standard manual mode, press "MODE" to set the time. The time window lights up. The initial time is 30:00 minutes. Press "SPEED" "+" or "-" to set the time. Setting range of the time is: 5:00 ~ 99:00 minutes.

C: When in time settings, press "MODE" to set the distance. The distance window lights up. The initial time is 1.0 KM. Press "SPEED" "+" or "-" to set the distance. Setting range of the distance is: 1.0 ~ 99.0 KM.

D: When in distance settings, press "MODE" to set the calories. The calorie window lights up. Initial calorie value is: 50 calories, Press "SPEED" "+" or "-" to set the calorie value. Setting range of the calorie value is: 5 ~ 990 calories.

3. Manual program setting instruction:

A: Press "START" and the time counts down from 3 to 0. When the engine starts running again, the initial speed is 1.0 KM/H.

B: Press "SPEED" "+", "-", or "QUICK SPEED" to change the speed of the treadmill.

C: Press "▲", "▼" or "QUICK INCLINE" to change the incline of the treadmill.

D: When the treadmill moves, press "STOP" to slowly stop the treadmill.

E: Pull out the safety key so the treadmill stops immediately. The time window will show "Er-07" and a buzzer will sound.

F: When the calorie value is at 0, the treadmill will stop slowly, then return to the manual settings.

G: When the distance value is at 0, the treadmill will stop slowly, then return to the manual settings.

H: When the time value is at 0, the treadmill will stop slowly, then return to the manual settings.

PROGRAM SETTINGS

"P1-P36" is the key for setting a system program. Only the time window will be used and this screen will also light up. Press "SPEED" "+" or "-" to adjust the settings. Press "MODE" to return to the default status, the time window will light up when you are in settings. Initial time is 30:00 minutes. Setting range of the time is 5:00 - 99:00 minutes. Press "SPEED" "+" or "-" to change the settings.

1. In P1 t/m P36, the speed and incline for each program is divided into 16 segments;
2. When there is a change of segment, a sound will go off;
3. When the engine is running and "START" is pressed, the engine stops running, while the various parameters remain unchanged;
4. Press "START" again and the treadmill will go to the (preset) speed of the program;
5. When the time reaches 0, the treadmill will stop slowly and the middle window will show "END" and a sound will go off;
6. Pull out the safety key so the treadmill will stop immediately. The time window will display "Er-07" and a buzzer will sound.

BODY FAT FUNCTION

when the treadmill is stopped, press the "PROG" key until select "FAT" and enter into body fat function, then press "MODE" key to set the parameter.

- A. **F1:** means gender. 1=male en 2=female. De initial setting is 1.
- B. **F2:** means age. The range is 1-99 years. The initial setting of the age is 25 years.
- C. **F3:** means length. The range is 100-220 CM. The initial setting of the length is 170 cm.
- D. **F4:** means weight. The range is 20-150 KG. The initial setting of the weight is 70 kg.
- E. **F5:** means BMI and can show the body fat after completing the previous parameters. Place two hands on the sensors of the handlebars and wait for 8 seconds until the window shows the BMI.

METER-INCH CONVERSION FUNCTION

- A. Pull out the safety key and press the "PROGRAM" key and "MODE" key at the same time, changes kilometers into miles
- B. Pull out the safety key and press the "PROGRAM" key and "MODE" key at the same time, changes miles into kilometers.

USER PROGRAM

Treadmill has three user modes: USER01, USER02, and USER03 which can be adjusted by the user themselves.

Press "PROG" key to cycle select the program U01~U03, When setting the speed, press the speed plus or minus keys to set the corresponding segment customer expected speed, the range of 1km-18km, can also use the speed shortcut keys to quickly select. When you set Ascension, press Raise Plus and Decrease keys to set the desired slope. The range is 0-15. You can also use the incline shortcut to quickly select. Press MODE key to enter the next segment. When the last paragraph is set, the setting will be saved. Press MODE key to set the time of movement, the default is 30:00 minutes, press the speed plus or minus keys to adjust the time set value. After setting, the user can press "START" to start the movement. The user's special program will be saved. When the customer runs the next time, he can enter the corresponding mode and run the same program.

HRC TESTING FUNCTION

- 1: Age setting range:: 13-80 years.
- 2: Target HRC setting range: 80-180.
- 3: Maxi HRC data: not over (220-age).
- 4: Bad HRC = (Target HRC-User's HRC)
- 5: Incline can not be changed while running, can be manually set.

Program:

- A: Press "PROG" to select the HRC program when the treadmill is stopped. Window display: HRC, this means that the HRC program must be entered. in HRC mode the window shows age "25" and lights up. Press "SPEED" / "INCLINE" "+" or "-" to adjust the age. Setting range is: 13-80 years.
- B: Press "MODE" the time window shows the HRC value and lights up. Enter the setting for the HRC target. Press "SPEED" / "INCLINE" "+" or "-" to adjust the target setting value. Setting range: 55-99 minutes.
- C: Press "START" to start running.

MP3 OPERATION INSTRUCTION

The console is with built-in double channel audio, switching regulated power supply, connect the adapter wire of audio with the audio source and MP3 input port of the console , then MP3 starts to operate.

KINOMAP



This application operates with a phone or tablet and can be connected to bluetooth to the treadmill. With this fitness app you can train with realistic videos such as the Tour de France, Marathon of New York etc. Each route has its own level of difficulty. There can also be trained together by switching to multi-player mode and there is possibility to compete against each other.

De Kinomap is free for a limited number of videos. To access all videos, a subscription must be closed.

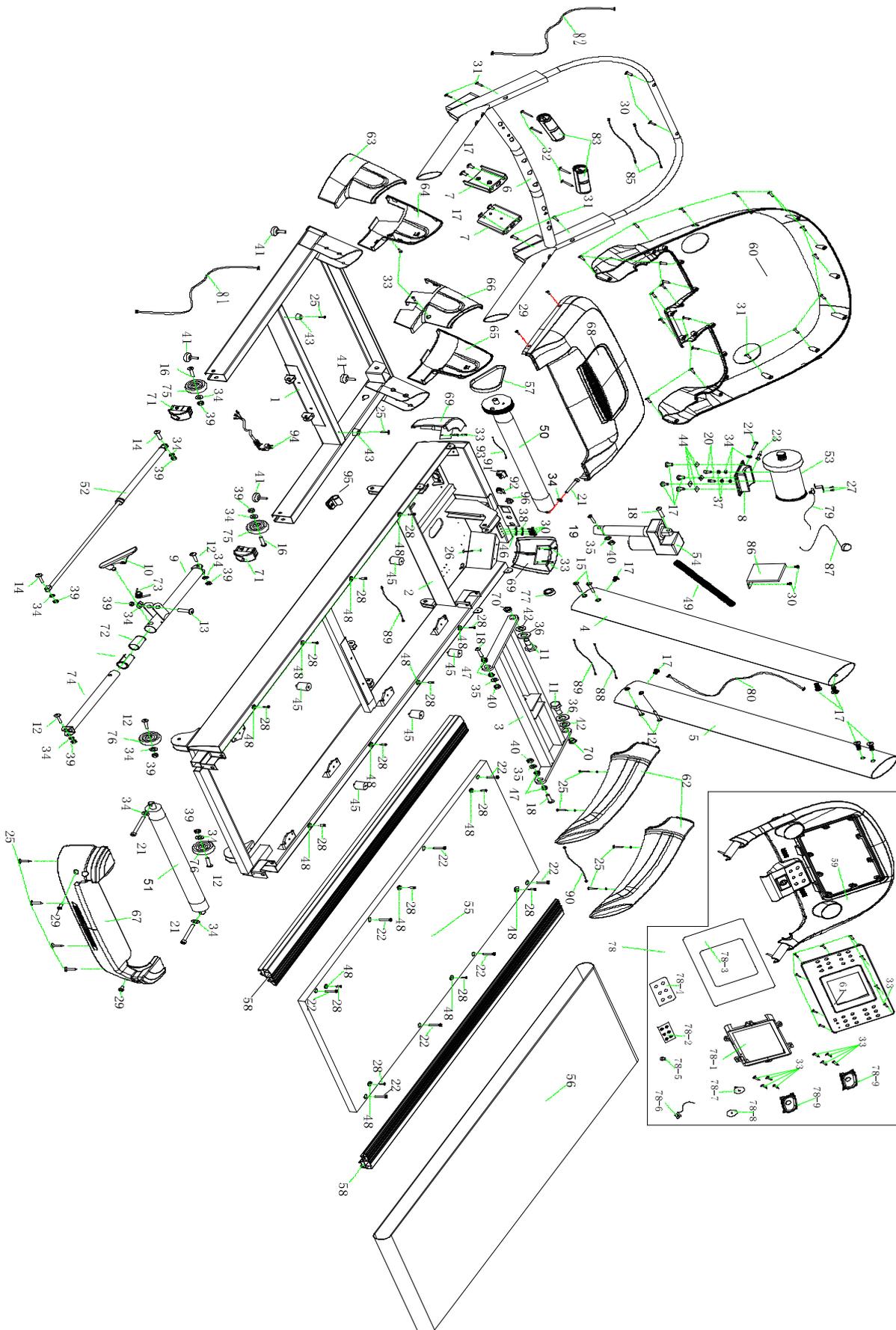
Download the Kinomap app in the App Store or in Google Play Store by entering "Kinomap" in the search bar or follow one of the links below:

Apple IOS App Store:

<https://itunes.apple.com/us/app/kinomap/id611177969>

Google Android Play Store:

<https://play.google.com/store/apps/details?id=com.kinomap.training&hl=en>



#	Description	Quantity
01	Base frame	1
02	Main frame	1
03	Incline frame	1
04	Upright post (L)	1
05	Upright post (R)	1
06	Console frame	1
07	Upright post clamping ring	1
08	Motor installation panel	1
09	Gas spring 1	1
10	Pedal	1
11	Allen half thread screw M12X Ø14x35x19 14X35X19	2
12	Allen half thread screw M8X40X20	4
13	Allen half thread screw M8X45X20	1
14	Allen half thread screw M8X30X20	2
15	Allen half thread screw M8X60X20	4
16	Allen half thread screw M8X50X20	2
17	Allen half thread screw M8X15	14
18	Allen full thread screw M10X35X20	3
19	Allen half thread screw M10X65X20	1
20	Allen column full thread screw M8X15	2
21	Allen countersunk head full thread screw M8X75	3
22	Screw M6X30XØ16	8
23	Motor bolt -1 M8X65	1
24	Hex full head screw M8X75	1
25	Screw ST4X16	10
26	Screw ST4X40	2
27	Phillips countersunk head self-tapping screw ST3X10	2
28	Phillips countersunk head self-tapping screw ST4X15	12
29	Screw M5X10	6
30	Screw M4X10	9
31	Phillips self-tapping screw ST4X15	27

#	Description	Quantity
32	Phillips self-tapping screw ST3X25	4
33	Phillips self-tapping screw ST4X12	14
34	Flat washer Ø8	19
35	Flat washer Ø10	3
36	Flat washer Ø14	2
37	Spring washer Ø8	2
38	Spring washer Ø5	3
39	Hex locked nut M8	9
40	Hex locked nut M10	3
41	Feet pad adjustment Ø35X37X12XM8	4
42	Plastic flat washer Ø24XØ16Xt2.0	2
43	Taper feed pad Ø23XØ18XØ5X11	2
44	Cushion 35X35Xt5.0XØ8	4
45	Cushion Ø30X30XM6X6	6
46	Serrated lock washers Ø5	3
47	Incline axle Ø25XØ17XØ10X6X1	4
48	Side rail guider Ø25XØ5X4.5	12
49	Wire protector	1
50	Front roller	1
51	Rear roller	1
52	Cylinder	1
53	Motor	1
54	Incline motor	1
55	Running desk	1
56	Running belt	1
57	Motor belt	1
58	Side rail	2
59	Console upper cover	1
60	Console lower cover	1
61	Panel	1
62	Handle bar	2

#	Description	Quantity
63	Base cover (L) - 1	1
64	Base cover (L) - 2	1
65	Base cover (R) - 1	1
66	Base cover (R) - 2	1
67	End cap	1
68	Motor cap	1
69	Main Frame cap	2
70	Cap	2
71	End cap subframe	2
72	Gas spring spacer	1
73	Spring	1
74	Gas spring 2	1
75	Front wheel	2
76	Rear wheel	2
77	Magnetic ring	1
78	Console set	1
79	Speed sensor	1
80	Main wire	1
81	Print wire	1
82	Console wire	1
83	Handle pulse	2
84	Handvat pulse wire	2
85	Console	1
86	PCB	1
87	Power cord	1
88	Power cord	1
89	Wire (ground wire)	1
90	Wire (ground wire)	2
91	Current input	1
92	Switch	1
93	Power cord	2

#	Description	Quantity
94	Plug	1
95	Cable clamp	2
96	Wire clip	1

CONSOLE SET PARTS LIST

#	Description	Quantity
78	Console set	1
78-1	PCB of meter	1
78-2	PCB of keyboard	1
78-3	Screen overlay	1
78-4	Keyboard overlay	1
78-5	Spring tip	1
78-6	Microswitch	1
78-7	Safety key iron	1
78-8	Safety sticker	1
78-9	Speaker	2
59	Console upper cover	1
61	Panel	1

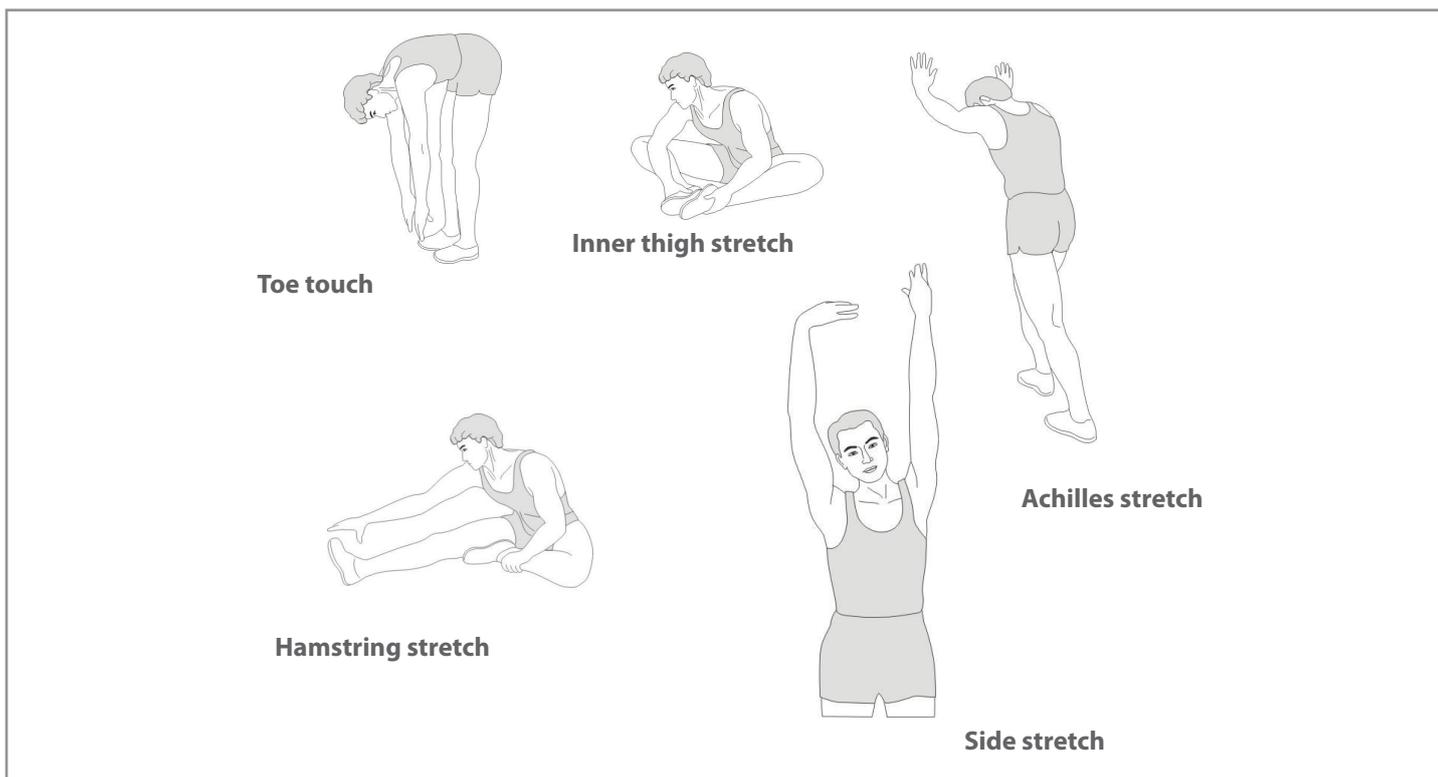
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



COOLING DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

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For questions or missing parts please contact your dealer.