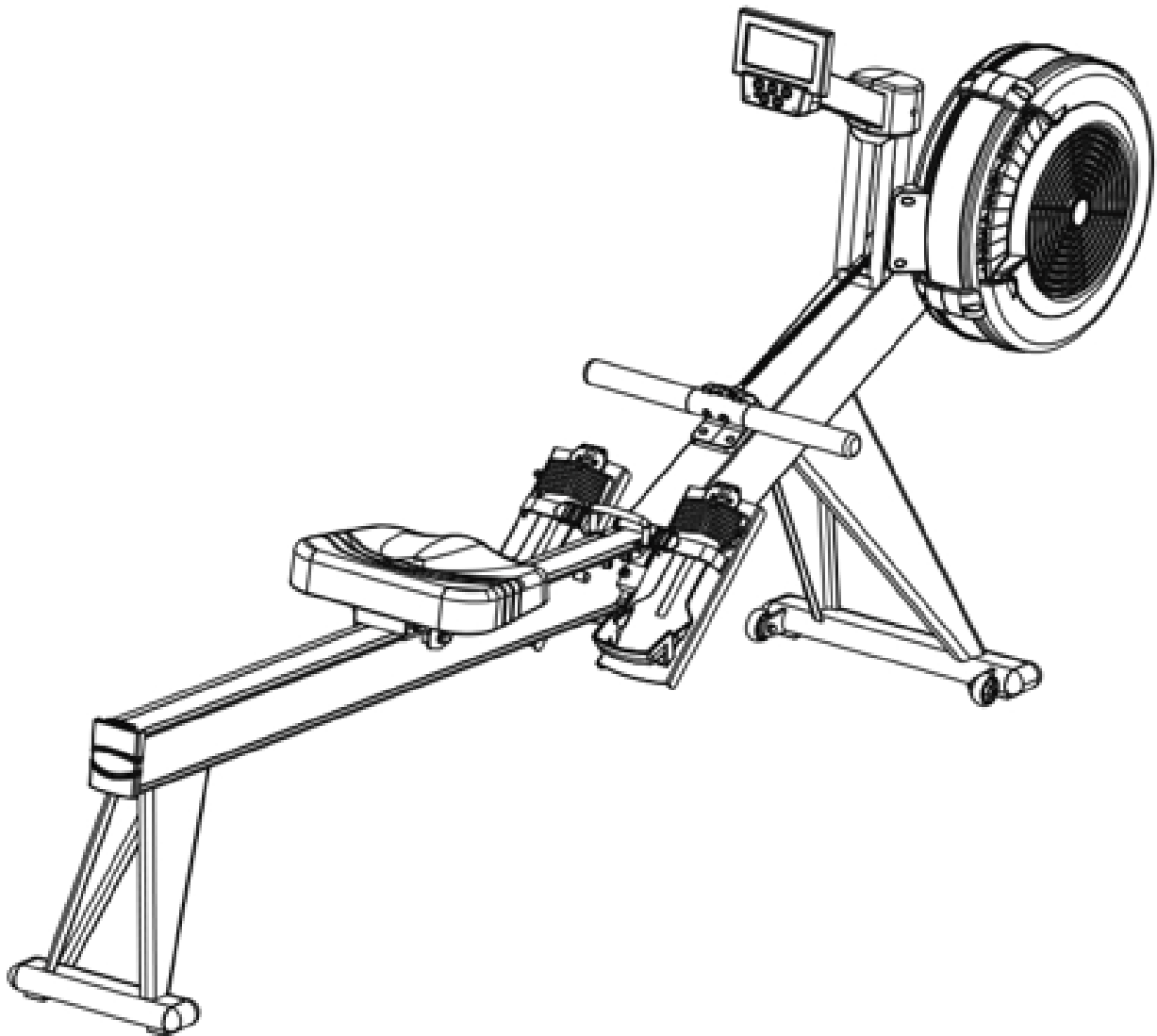


virtu~~fit~~fit

Ultimate Pro 2 Ergometer Rowing Machine



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Safety Instructions	3
Assembly Parts	4
Note	5
Assembly Steps	6-11
Part Overview	12
Part List	13-14

ASSEMBLY PREPARATION

To ensure ease of product assembly, please take time to verify the size and quantities of all required assembly hardware. Use the itemized parts listing and hardware chart for reference.

The product assembly process has been documented in easy to follow steps. Please read all assembly instructions carefully. Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.

Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

Perform product assembly in a 4-ft. x 10-ft. flat area. Note: After assembly is completed, allow a minimal 2-3 feet of space on each side of rower for user access and dismounting.

Do not dispose of any packaging materials until assembly of the product is completed.

Assembly tools are included, but you may also use standard household tools to complete assembly of this product.

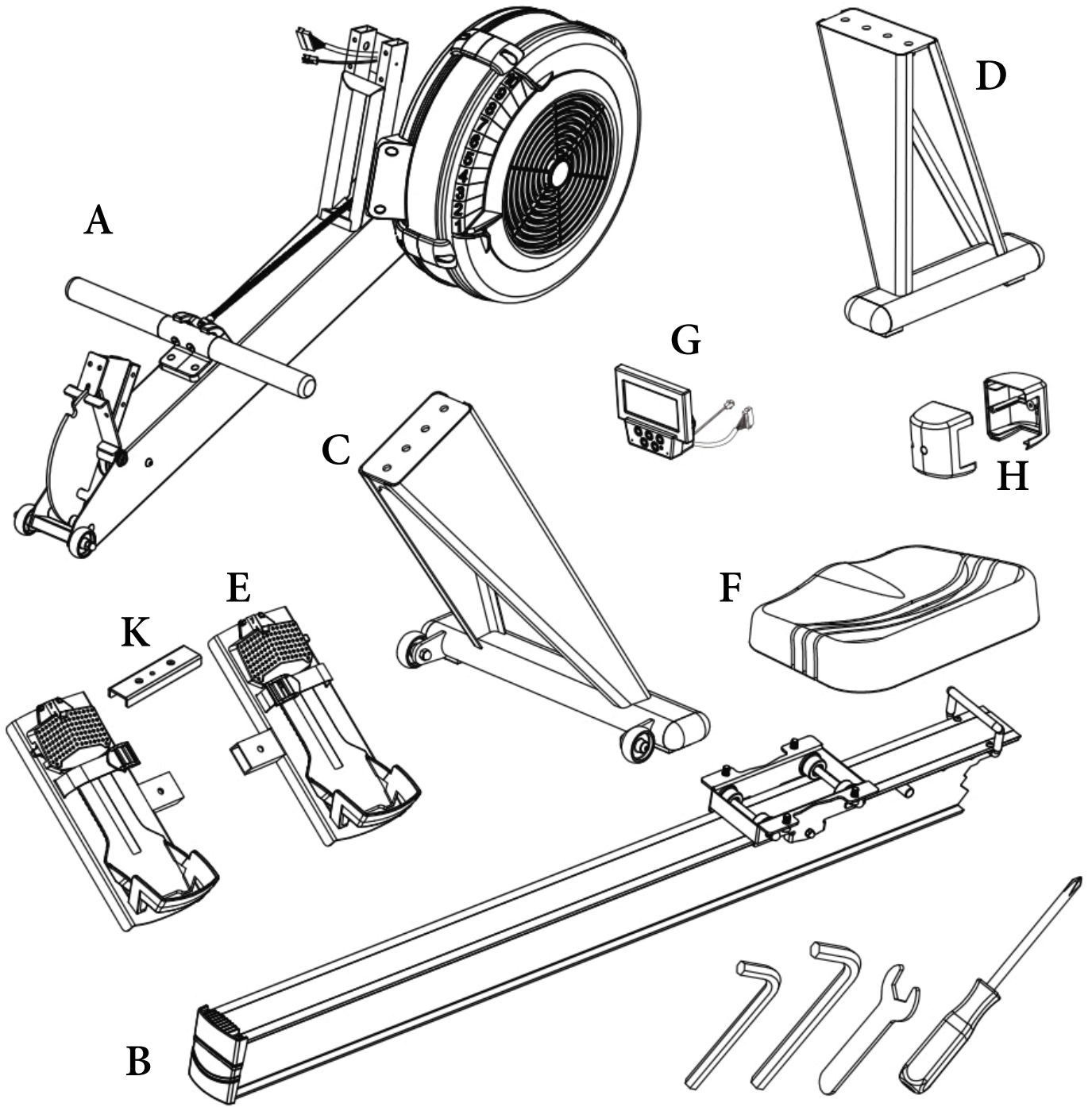
IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of injury, please read the following precautions before assembling or using your new product.

1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of stated precautions.
2. Read all instructions and enclosed literature carefully. Understand the assembly and operation before using the equipment.
3. Use equipment on a flat level surface. Use adjustment levelers on the bottom of equipment to help stabilize unit.
4. It's recommended to place an exercise mat beneath the equipment for added protection of floors or carpets.
5. Keep children and pets away from equipment at all times.
6. Inspect product on a frequent basis. Tighten loose assemblies or hardware as needed. Replace worn or damaged parts.
7. This equipment is intended for indoor use only. Use in non-recommended environment can lead to serious injury and will void all related warranties and liabilities.
8. Recommended user weight should not exceed 500 pounds.
9. Keep equipment clean and properly maintained.
10. Observe and adhere to all warning labels posted on equipment.
11. Properly warm up and stretch before starting any strength training or cardio exercise routine.
12. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.

SAFETY WARNING: Before starting an exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. It's important to read all instructions carefully. We assume no responsibility for personal injury or consequential damages sustained by or through the use of this equipment. Additional terms and conditions are listed in the back of this manual or enclosed owner's manual.

Colors and specifications subject to change without notice.



(J4)Screw
M4x12.7mm



(J0)M8 Nylon Nut



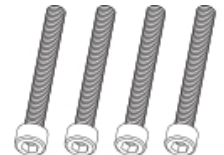
(J1)Bolt M10x16mm



(J2)Washer M10x1.5t



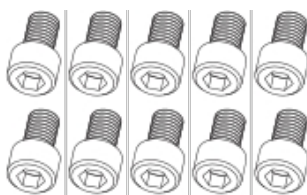
(J3)Bolt M6x50mm



(J5)Bol M8x25mm



(J6)Bolt M8x16mm



(J7)Washer M8x1.5t



(J8)Pull pin



(J9)Screw
M4x10mm

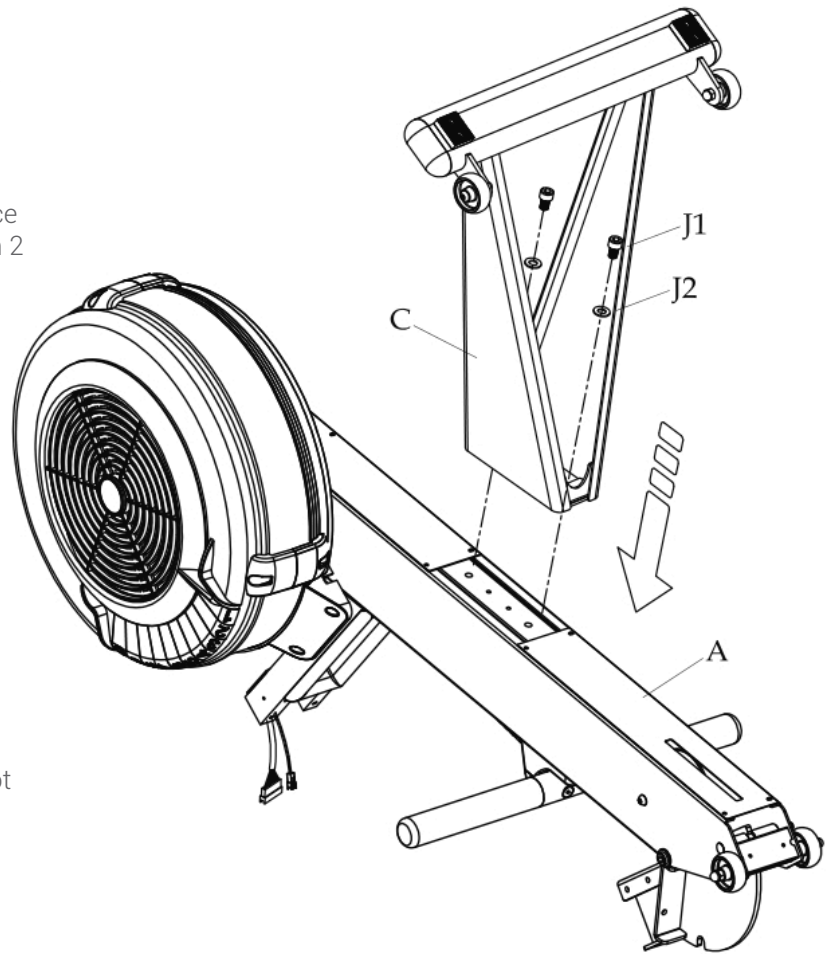


NOTE: Before assembly please lay out ALL pieces accordingly to ensure you are not missing any items.

PLEASE BE CAUTIOUS as some components may be sharp and can cause harm if not handled correctly. Always use safety measurements when assembling any piece of equipment or machinery.

STEP 1

For best results place Forward Base (A) (Damper Fan) upside down on a soft and secure surface. Once this is done, the pre-screwed holes for Forward Base Leg (C) will be visible. To bolt in Forward Base Leg (C) into Forward Base (A), place directly on top of pre-screwed holes. Secure with 2 (J1) Bolt(s) and (J2) Washer(s).

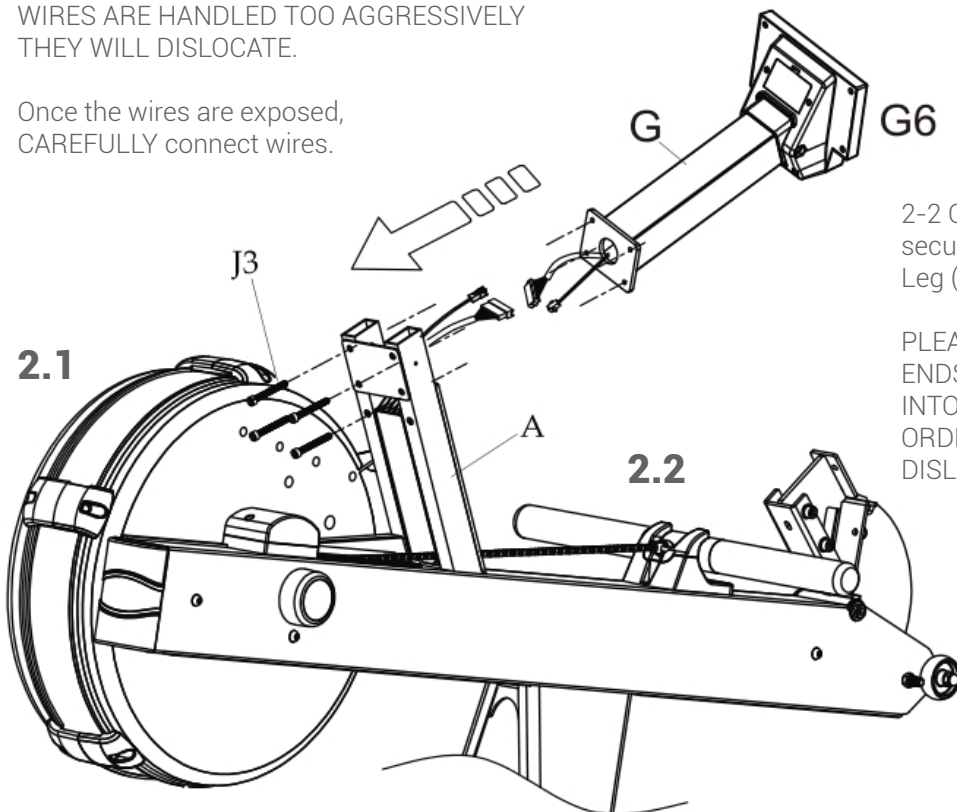


STEP 2

2-1 Please **LIGHTLY** pull wires so that they do not recede into the stem of Base Leg (A). **DO NOT CUT WIRES**; wires will connect to console tube when installing console.

CAUTION: PLEASE HANDLE WITH CARE, AS ELECTRICAL WIRES ARE DELICATE. IF WIRES ARE HANDLED TOO AGGRESSIVELY THEY WILL DISLOCATE.

Once the wires are exposed, **CAREFULLY** connect wires.



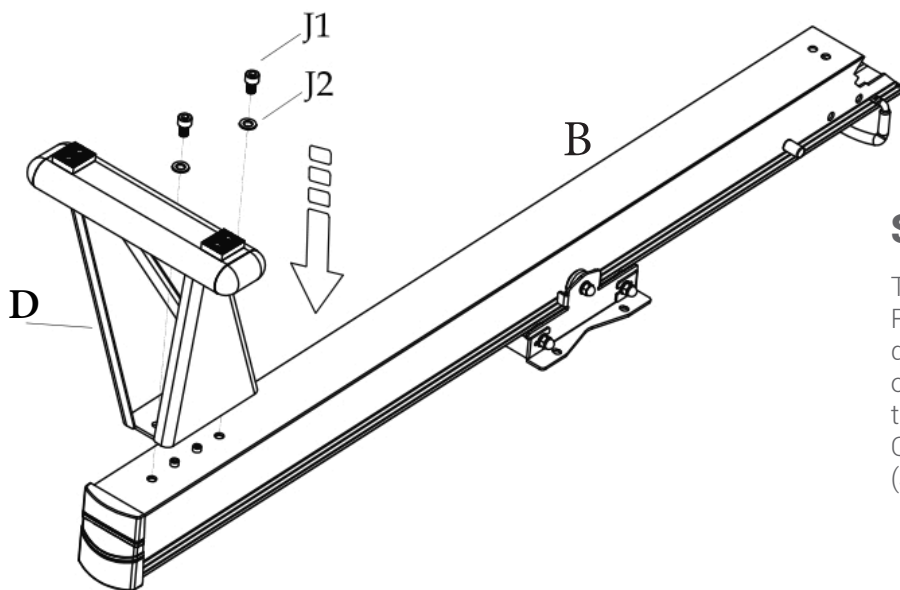
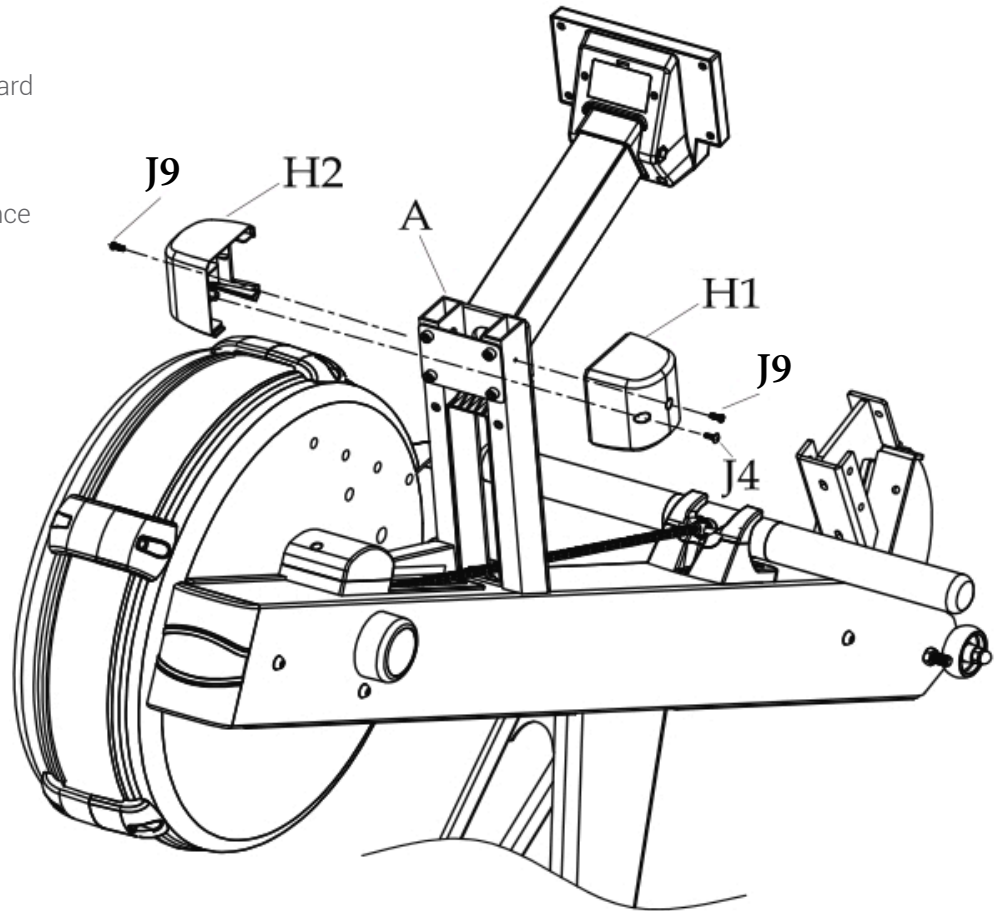
2-2 Once wires are connected **CAREFULLY** secure Console Tube (G) to the stem of Base Leg (A).

PLEASE BE CAREFUL OF EXPOSED WIRE ENDS. THE WIRES SHOULD RECEDE BACK INTO STEM ONCE CONNECTED IN ORDER TO PREVENT DAMAGE OR DISLOCATION.

STEP 3

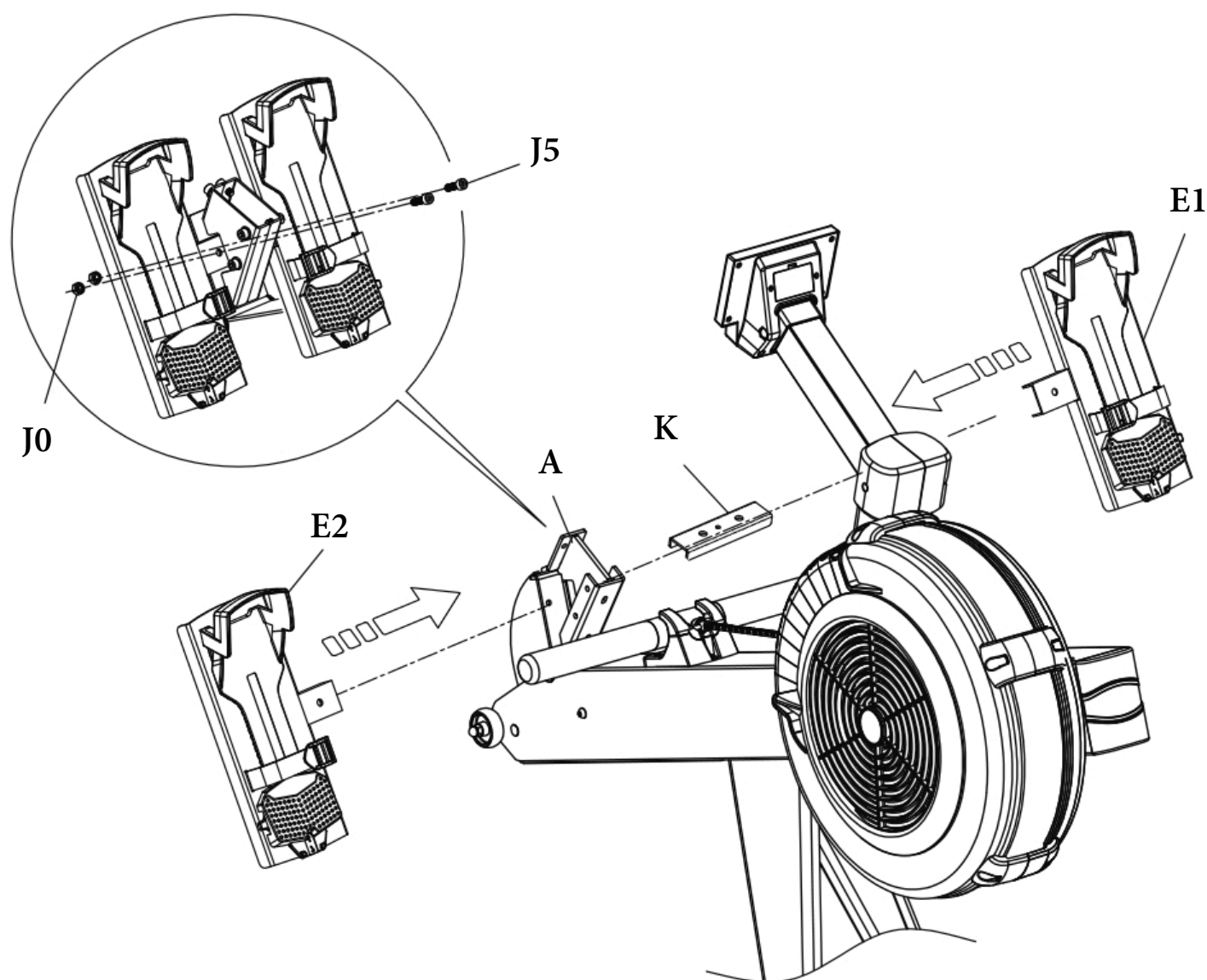
To finish securing Console (G) onto Forward Base (A) please attach Place Holder (H). Place Holder (H) will break up into 2 components (H1) and (H2). These components will rejoin together once attached onto forward Base (A).

Once rejoined please secure with 2 screws (J9) and 1 screw (J4).



STEP 4

To install Rear Base Leg (D), face Base Railing (B) face down so that the receiving device for the seat cushion is on the floor. Place Rear Base Leg (D) above the pre-screwed holes of the Base Rail (B). Once placed secure with 2 (J1) Bolt(s) and (J2) washer(s).



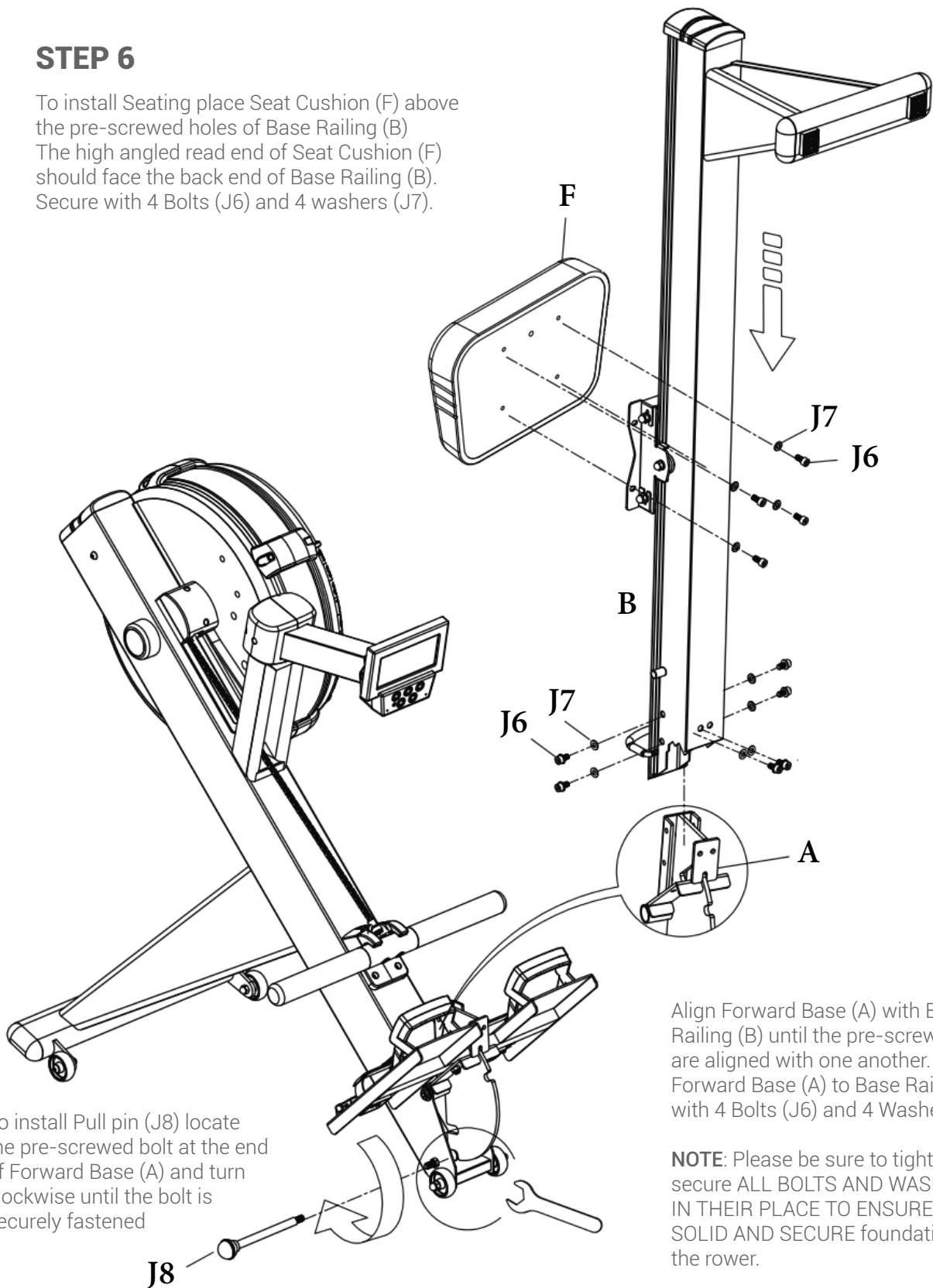
STEP 5

To install foot pedals (E1) and (E2) into (A) Forward Base join the together by Steel Bracket (K). Steel Bracket (K) should slide into place of Foot Pedal (E1). Once placed secure with 2 (J5) bolts and 2 (J0) nuts.

NOTE: You must install foot pedals before moving forward with the assembly process. Should Step 5 be skipped the Pre-screwed holes on the base railing would cover up the pre screwed holes on the Forward Base leg where the foot pedals are to be installed.

STEP 6

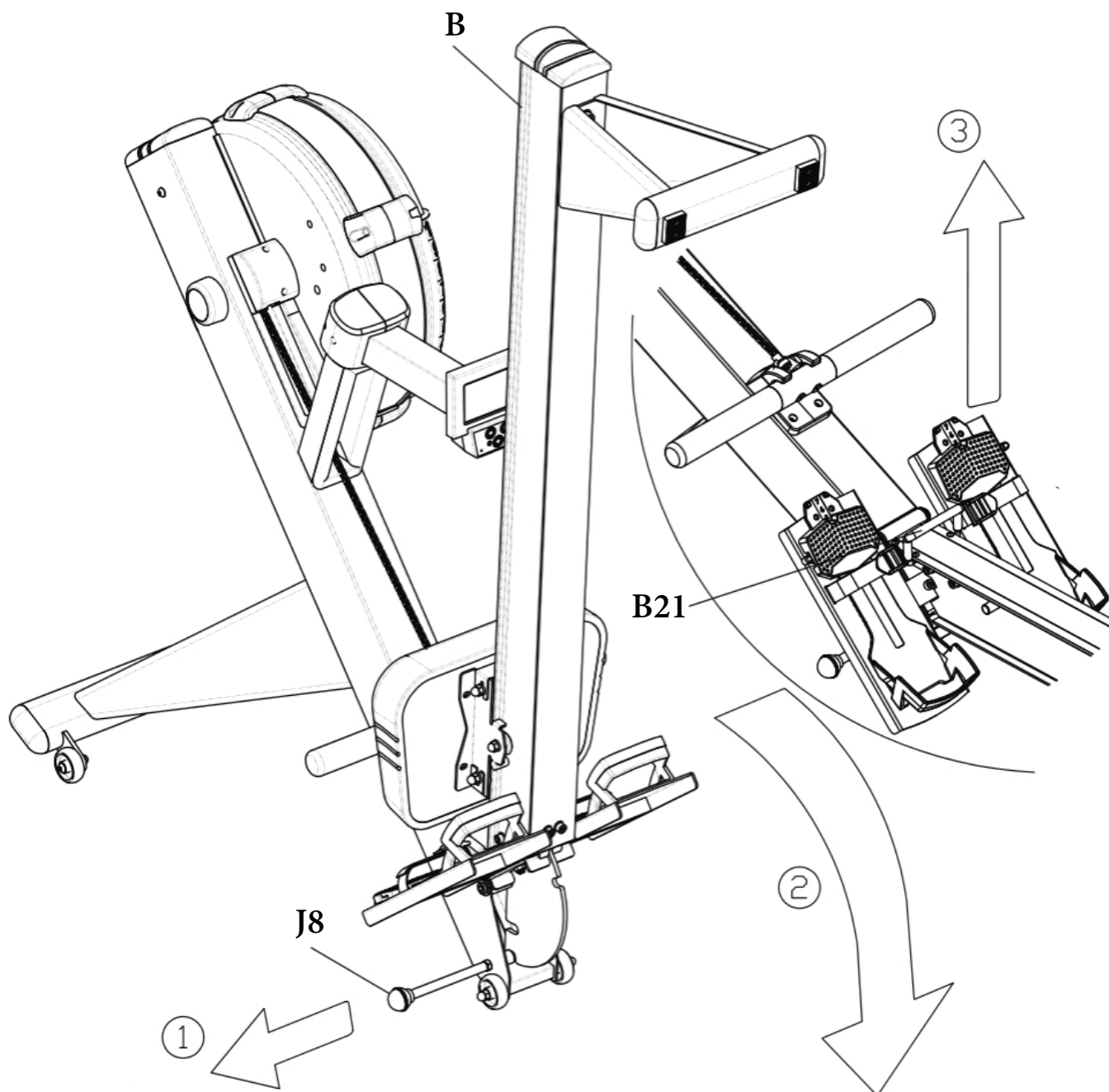
To install Seating place Seat Cushion (F) above the pre-screwed holes of Base Railing (B)
The high angled rear end of Seat Cushion (F) should face the back end of Base Railing (B).
Secure with 4 Bolts (J6) and 4 washers (J7).



To install Pull pin (J8) locate the pre-screwed bolt at the end of Forward Base (A) and turn clockwise until the bolt is securely fastened

Align Forward Base (A) with Base Railing (B) until the pre-screwed holes are aligned with one another. Secure Forward Base (A) to Base Railing (B) with 4 Bolts (J6) and 4 Washers (J7).

NOTE: Please be sure to tighten and secure ALL BOLTS AND WASHERS IN THEIR PLACE TO ENSURE A SOLID AND SECURE foundation to the rower.

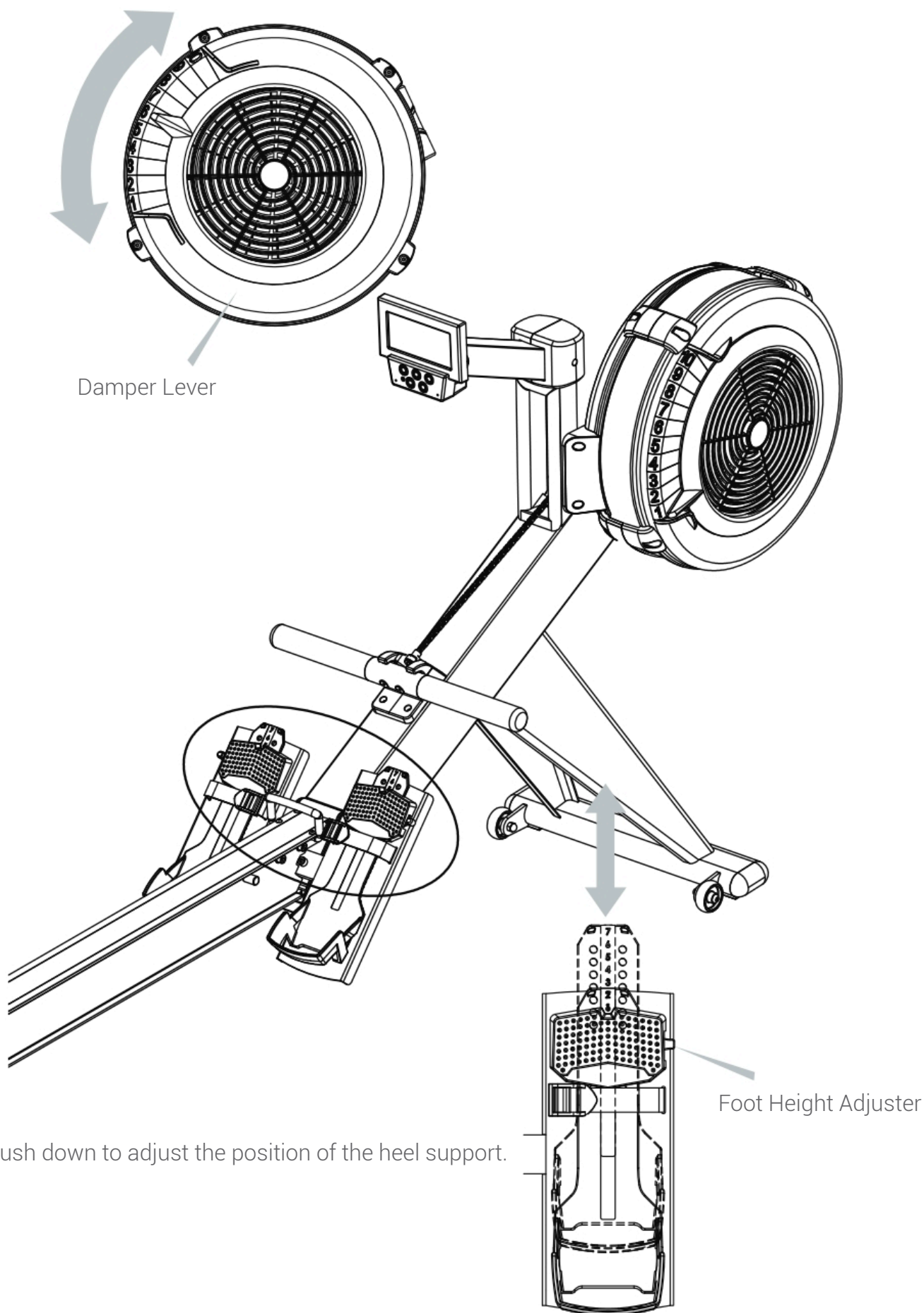


STEP 7

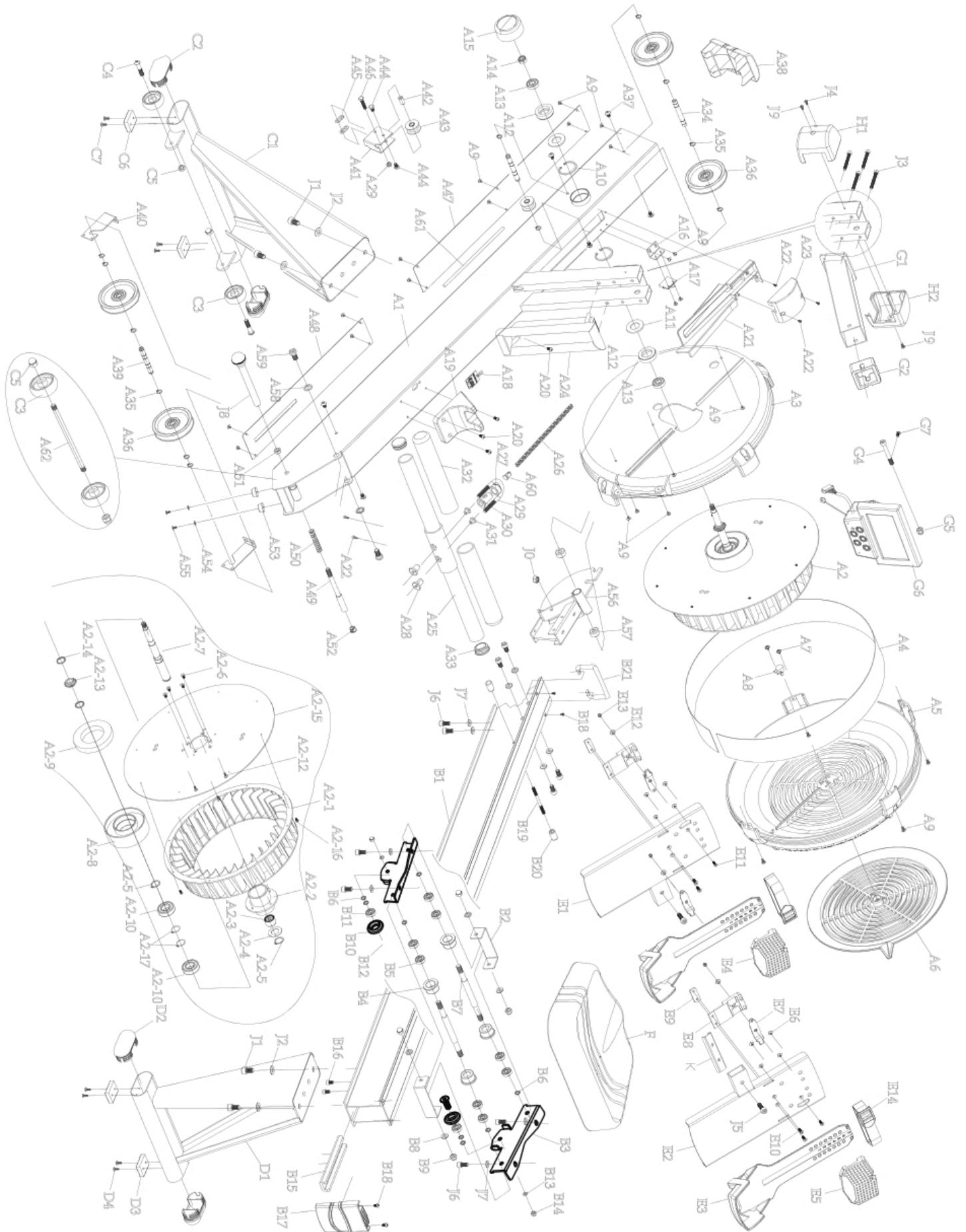
Rower Storage

To fold the VirtuFit Ultimate Pro 2 Ergometer Rowing Machine, simply pull the PULL PIN (J8) while holding the Rail Handle (B21) located between Forward Base (A) and Base Railing (B). Gently set Forward Base (A) down to ground by controlling Rail Handle (B21) gently downwards. This will cause Forward Base (A) to drop down and will allow you to raise Base Railing (B) until it clicks securely into a folded position. When you are ready to unfold the VirtuFit Ultimate Pro 2 Ergometer Rowing Machine again, simply pull on PULL PIN (J8) while holding onto Base Railing (B). Gently set Base Railing (B) onto ground, then use Rail Handle (B21) to pull upwards until rower clicks into unfolded position.

NOTE: Please use a firm grip on ALL MOVING PARTS when folding the VirtuFit Ultimate Pro 2 Ergometer Rowing Machine. The weight of the rower will cause Forward Base (A) to drop aggressively when folding and will cause Base Railing (B) to drop aggressively when unfolding.



Push down to adjust the position of the heel support.



NO.	NAME	SPECIFICATION	QTY	NO.	NAME	SPECIFICATION	QTY
A1	Main Frame Assembly		1	A21	Sensor Base Cover	ABS	1
A2	Flywheel Fan Assembly		1	A22	Tapping Screw	M4*12mm	5
A2-1	Fan		1	A23	Sensor Cover	ABS	1
A2-2	Tube		1	A24	Outer Chain Cover	ABS	1
A2-3	One-Way Bearing	FC 2016	1	A25	Handle-Bar	Φ31.8	1
A2-4	Iron Washer	S20	1	A26	1/4" Chain		1
A2-5	S-type Buckle	M5*10mm	2	A27	Chain Connecting Spacer	SC-2473	2
A2-6	Cap head Socket Screw		4	A28	Evan Head Socket Screw	M8*20mm	2
A2-7	Axial of flywheel	Φ20*197mm	1	A29	Chain Hook		3
A2-8	Magnet Covering	Φ100*Φ60*15T	1	A30	Chain Connector		1
A2-9	Ring Magnet	BR-6004ZZDKFL	1	A31	T-type Nut		10
A2-10	Bearing	Old Design	2	A32	Hand Grip		4
A2-11	Interval Ring	M4*12mm	1	A33	End Cap		4
A2-12	Tapping Screw		3	A34	Axial of Pulley(Front)	Φ10*79.8mm	1
A2-13	1/4" Chain Gear		1	A35	C-Type Buckle		2
A2-14	PU Washer	Φ430*2.5T	2	A36	Pulley		2
A2-15	Fan Stable Bracket	M4*10mm	1	A37	Philip Head Socket Screw	M5*10mm	1
A2-16	Tapping Screw	R42	8	A38	Main Frame Front Cap	ABS	1
A2-17	R-type Buckle	ABS	2	A39	Axial of Pulley(Back)	Φ10*79.8mm	2
A3	Chain Cover (left)		1	A40	Elastic Rope Bracket		2
A4	Mesh	ABS	1	A41	Chain Bracket		1
A5	Chain Cover (right)	ABS	1	A42	Pulley Socket		1
A6	Adjust Disc	M4*8mm	1	A43	Chain Pulley		2
A7	Tapping Screw		2	A44	Hexagon Head Screw	M6*10mm	2
A8	Variable Resistor	M4*12mm	1	A45	Trim Panel		2
A9	Tapping Screw	R40	21	A46	Hexagon Head Screw	M6*30mm	2
A10	C-Type Buckle	Φ22*Φ44.2*3T	22	A47	Main Frame Bottom Board(Front)		2
A11	Washer		2	A48	Main Frame Bottom Board(Back)		1
A12-1	RubberCover	6001	1	A49	Axial of Pin	Φ12.7*76mm	1
A12-2	RubberCover	6903	1	A50	Spring		1
A13-1	Bearing	6001ZZDKFL	1	A51	Nut		1
A13-2	Bearing	6903ZZDKFL	1	A52	PlugBlock		1
A14	Nylon Insert Lock Nut	M10	1	A53	Foot Pad		1
A15	RingCover	ABS	1	A54	Washer	M4*Φ10*1T	2
A16	SensorBracket		1	A55	Tapping Screw	M4*10mm	2
A17	Sensor		1	A56	Swivel Axial		1
A18	Hearth Rate Reciever		1	A57	Swivel Axial Socket	Φ21.5*12mm	2
A19	Handle Holder	ABS	1	A58	Washer	1/2"*2.0T*Φ23	2
A20	Philip Head Socket Screw	M5*10mm	4	A59	Cap Head Socket Screw	M10*16mm	2

NO.	NAME	SPECIFICATION	QTY	NO.	NAME	SPECIFICATION	QTY
A60	Chain Connecting Axial		1	E1	Left Pedal Rest		1
A61	Elastic Rope		1	E2	Right Pedal rest		1
A62	Axial of Moving Wheel	Φ8X156mm	1	E3	Adjust Pedal PAd	TPE	2
				E4	Left Pedal Rest cover		1
B1	Aluminum Rail		1	E5	Right Pedal Rest cover		1
B2	Seat Carriage Roller		2	E6	Tapping Screw	M4*8mm	8
B3	Seat Carriage Cover		2	E7	Set Piece		2
B4	Seat Carriage Wheel		4	E8	Set Base		2
B5	Bearing	PR-608ZZ(BMC)	8	E9	Foot Snap		2
B6	Spacer	Φ8*Φ12*2mm	8	E10	Flat Head Philips screw	M5*15mm	4
B7	Seat Carriage Axial	Φ10*121mm	2	E11	Flat Head Philips screw	M4*15mm	2
B8	Washer	M8*2.0T*Φ16	4	E12	Spacer		2
B9	Lower Acorn Nut	M8	4	E13	Nylon Insert Lock Nut	M4	2
B10	Seat Carriage Roller		2	E14	Foot Strap		2
B11	Bearing	PR-608ZZ(BMC)	2				
B12	Even Head Socket Screw	M8*20mm	2	F	Seat		1
B13	Washer	M8*Φ16*2T	2				
B14	Lower Acorn Nut	M8	2	G1	Console Tube		1
B15	Rail Upper Plate		1	G2	Console Bracket		1
B16	Cap Head Socket Screw	M6*10mm	2	G3	Console Back Cover	Old Design	1
B17	Rail End Cap	ABS	1	G4	Cap Head Socket Screw	m8*85mm	1
B18	Philip Head Socket Screw	M5*10mm	4	G5	Nylon Acorn Nut	M8	1
B19	Double Head Screw	Φ5.25*85mm	1	G6	Console		1
B20	Seat Carriage Stopper	TPR	2	G7	Ball Head Screw	M5*10mm	4
B21	Rail Handle		1				
				H1	Left Console Tube Cover	ABS	1
C1	Front Stabilizer		1	H2	Right Console Tube Cover	ABS	1
C2	Flat Oval Cap	40*80	2	J0	Nylon Insert Lock Nut	M8	2
C3	Moving Wheel	Φ50	4	J1	Cap Head Socket Screw	M10*16mm	4
C4	Philip Head Socket Screw	M8*40mm	2	J2	Washer	M10*1.5T*Φ20	4
C5	Lower Acorn Nut	M8	4	J3	Cap Head Socket Screw	M6*50mm	4
C6	Foot Pad	40*32mm	2	J4	Tapping Screw	M4*12mm	3
C7	Trapping Screw	M4*12mm	2	J5	Cap Head Socket Screw	M8*35mm	2
				J6	Cap Head Socket Screw	M8*16mm	10
D1	Rear Stabilizer		1	J7	Washer	M8*Φ16*1.5T	10
D2	Flat Oval End Cap	40*80	2	J8	Pull pin		1
D3	Foot Pad	40*32mm	2	J9	Ball Head View	M4*10mm	2
D4	Tapping Screw	M4*12mm	2	K	Pedal Stable Bucket		1

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