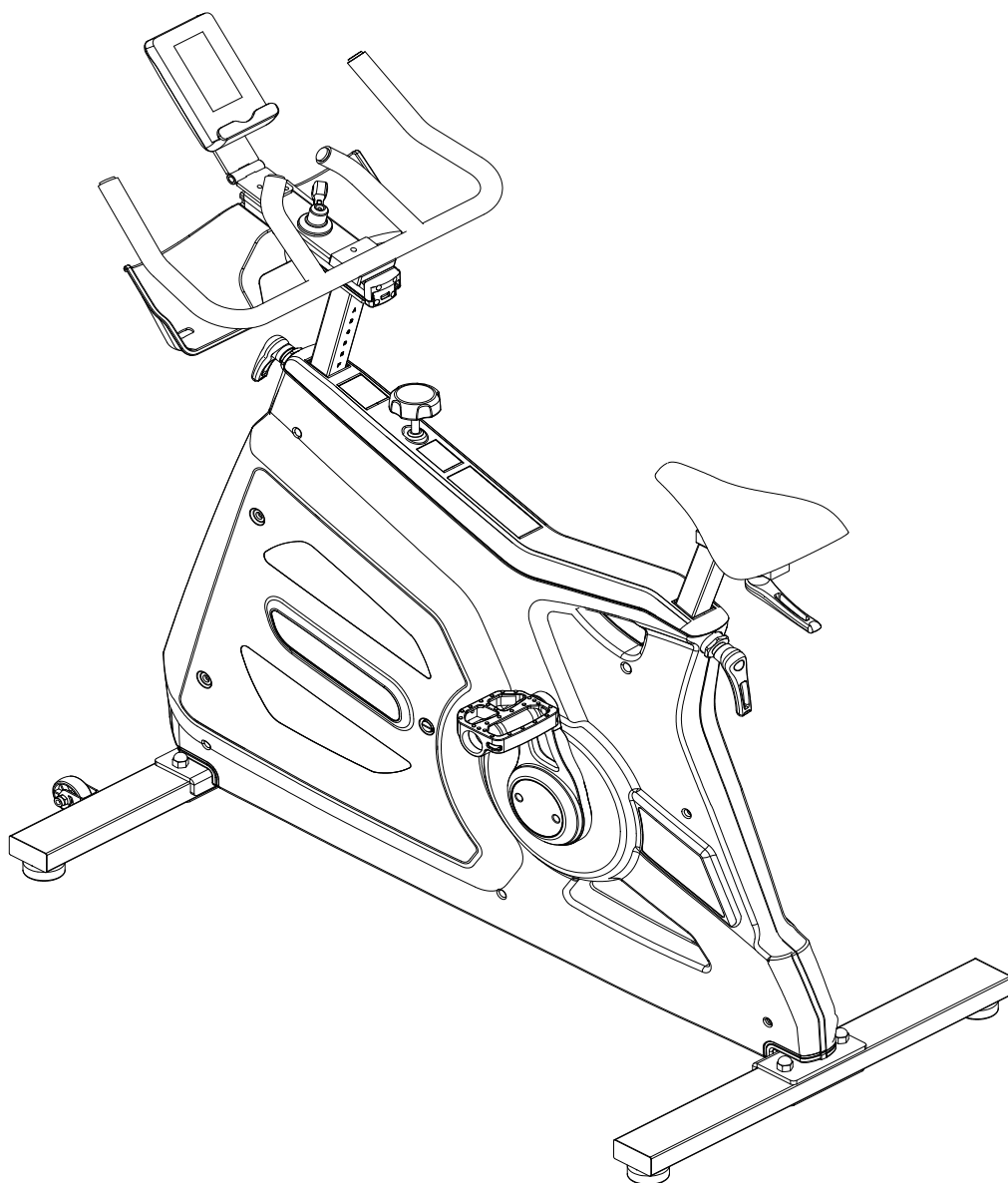


virtuafit

Elite Indoor Cycle Pro Spinbike

User manual



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WARNING:

Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

ATTENTION

- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
- We recommend that handicapped people should only use the device when a qualified care is present.
- When using the fitness device, wear comfortable clothing and preferably spats or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.
- Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
- Ensure there are no children nearby when you are exercising on the device. In addition, the device should be showed in a place that children or house pets cannot reach.
- Ensure that only one person at a time uses the fitness device.

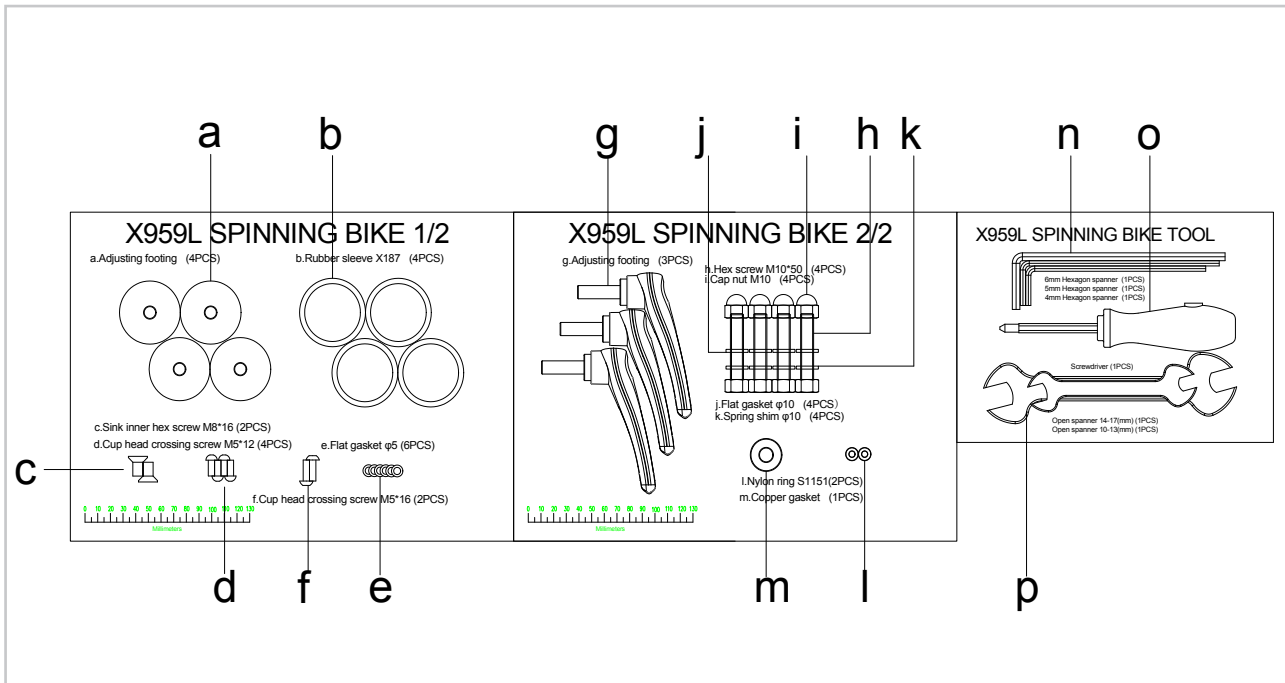
- After the sports device has been set up according to operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
- Do not use a device that is damaged or unserviceable.
- Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5m around the device for safety reasons.
- Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
- Use the device only for the purpose described in these operating instructions. Use only attachments recommended by the manufacturer.
- The device is made for home use and semi-professional use. The maximum user weight is 150 kg.
- Please keep the space at least 1 to 2 meter at the end of base frame to escape any accidents!
- Place the device on a clean and flat surface. Do not place the equipment on a thick carpet.
- The device is for indoor use and not for outdoor use to prevent damage. Keep the storage location dry, clean and flat. It is forbidden to use the device for purposes other than training.

Warranty claim is excluded if the cause of the defect is the result of:

- Maintenance assembly and repair work not carried out by an official dealer.
- In the event of improper use, neglect and / or poor maintenance.
- Failure to maintain the fitness equipment in accordance with the manufacturer's instructions (see the enclosed manual).

TOOLKIT

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



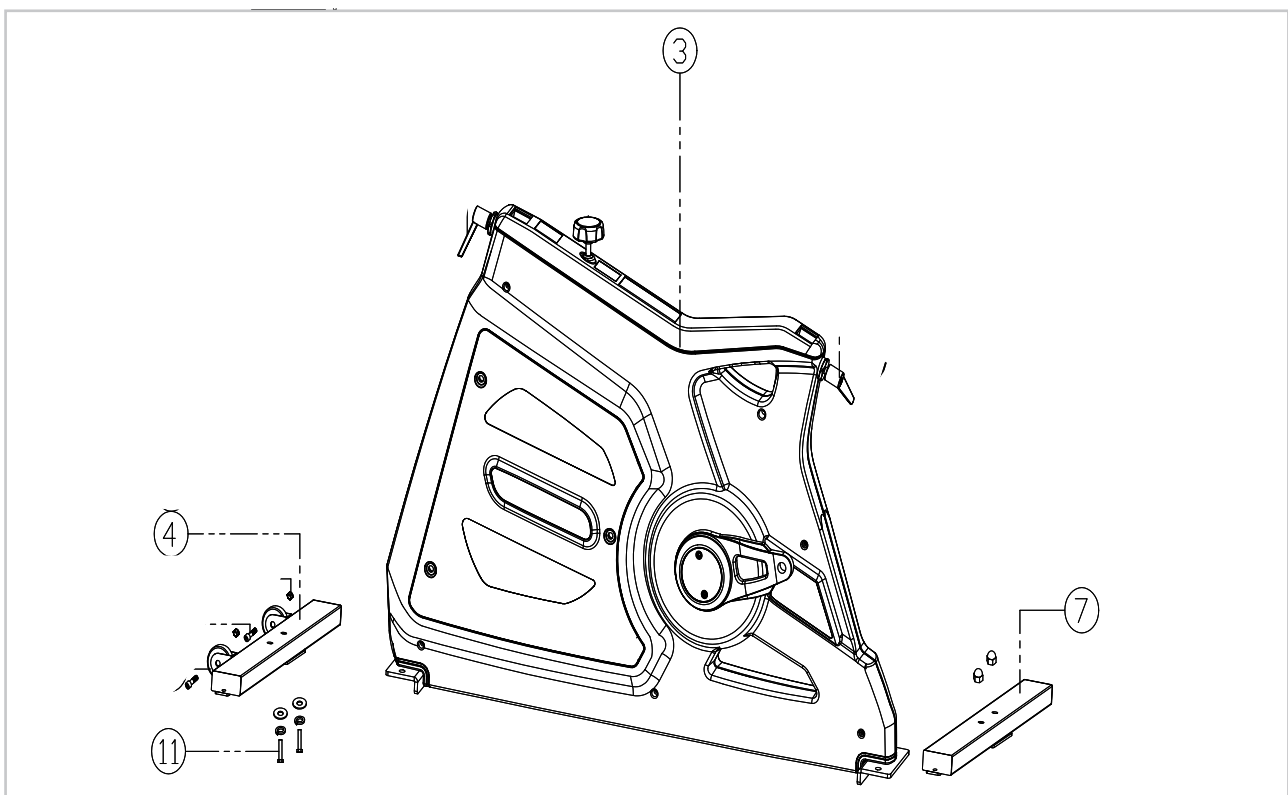
NUMBER	DESCRIPTION	QTY	NUMBER	DESCRIPTION	QTY
A	Feet washer	4	I	Cap nut M10	4
B	Feet washer cover	4	J	Washer $\varnothing 10$	4
C	Countersunk socket head screw M10*16	2	K	Spring washer $\varnothing 10$	4
D	Half-round head cross screw M5*12	4	L	Small spacer	2
E	Washer $\varnothing 5$	6	M	Copper washer	1
F	Half-round head cross screw M5*16	2	N	Hexagon wrench 4# 5# 6#	Each one
G	Lock knob	3	O	Dual-purpose screw driver	1
H	Hexagon screw M10*50	4	P	Open end wrench 10/13 14/17	Each one

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

Error message: Ensure that all cables are carefully attached. The aluminum legs are very sensitive and must remain straight. Do you receive an error message after mounting your device? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.

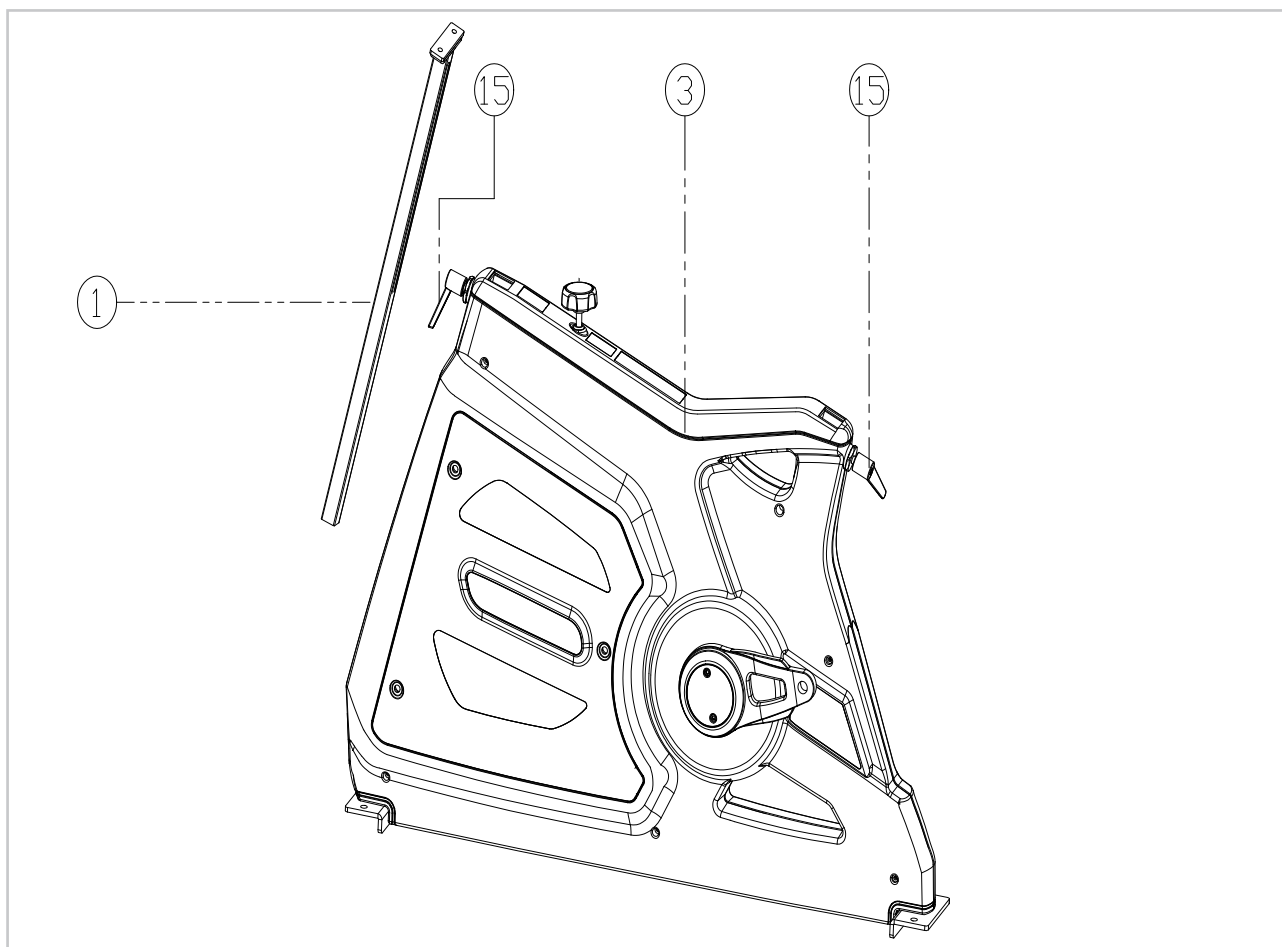
Socket screws: The spinbike contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



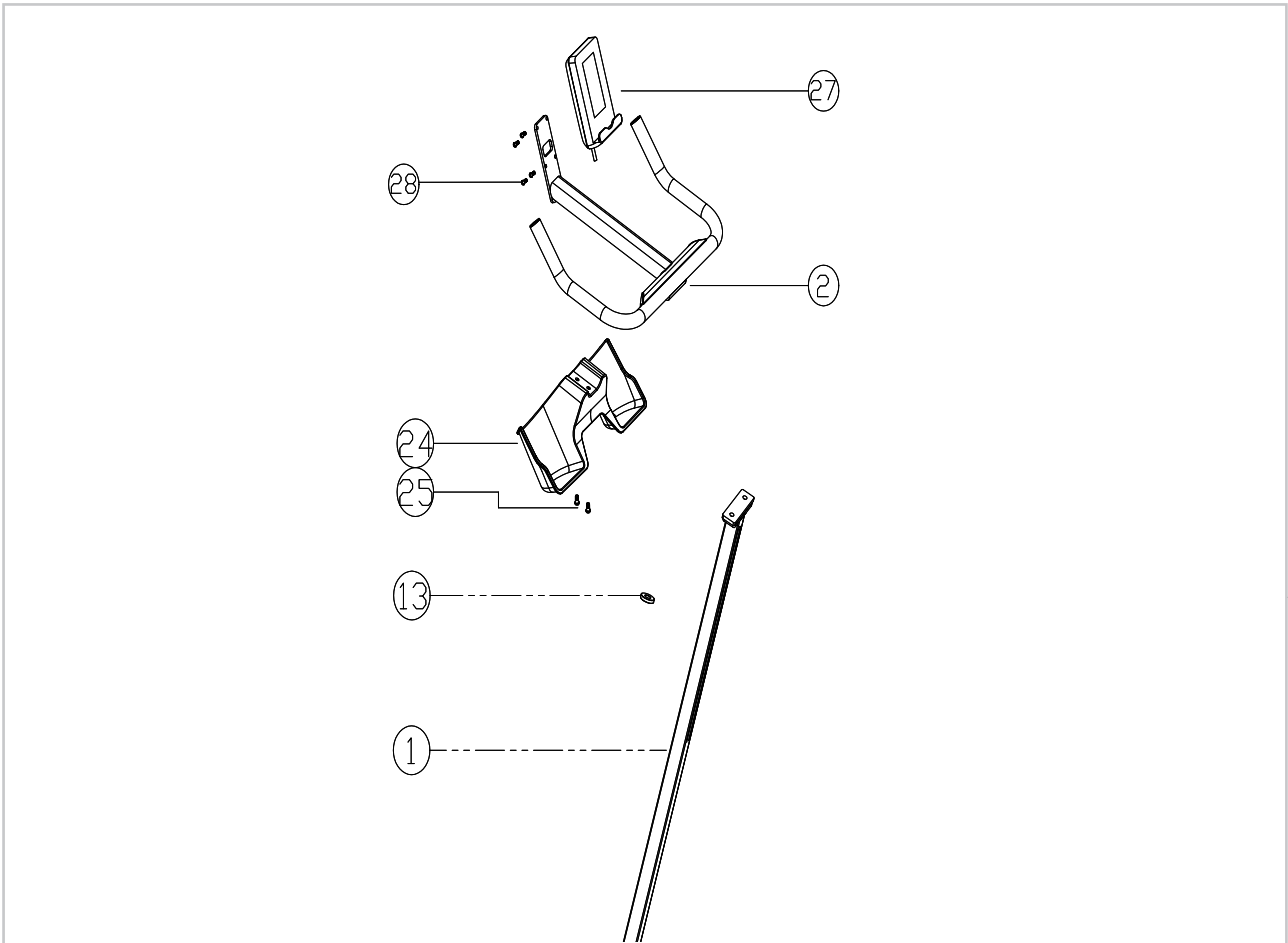
- The front grounding groups (4) and rear grounding groups (7) are respectively fixed to the main frame (3) by the hexagonal screws (11).

STEP 2



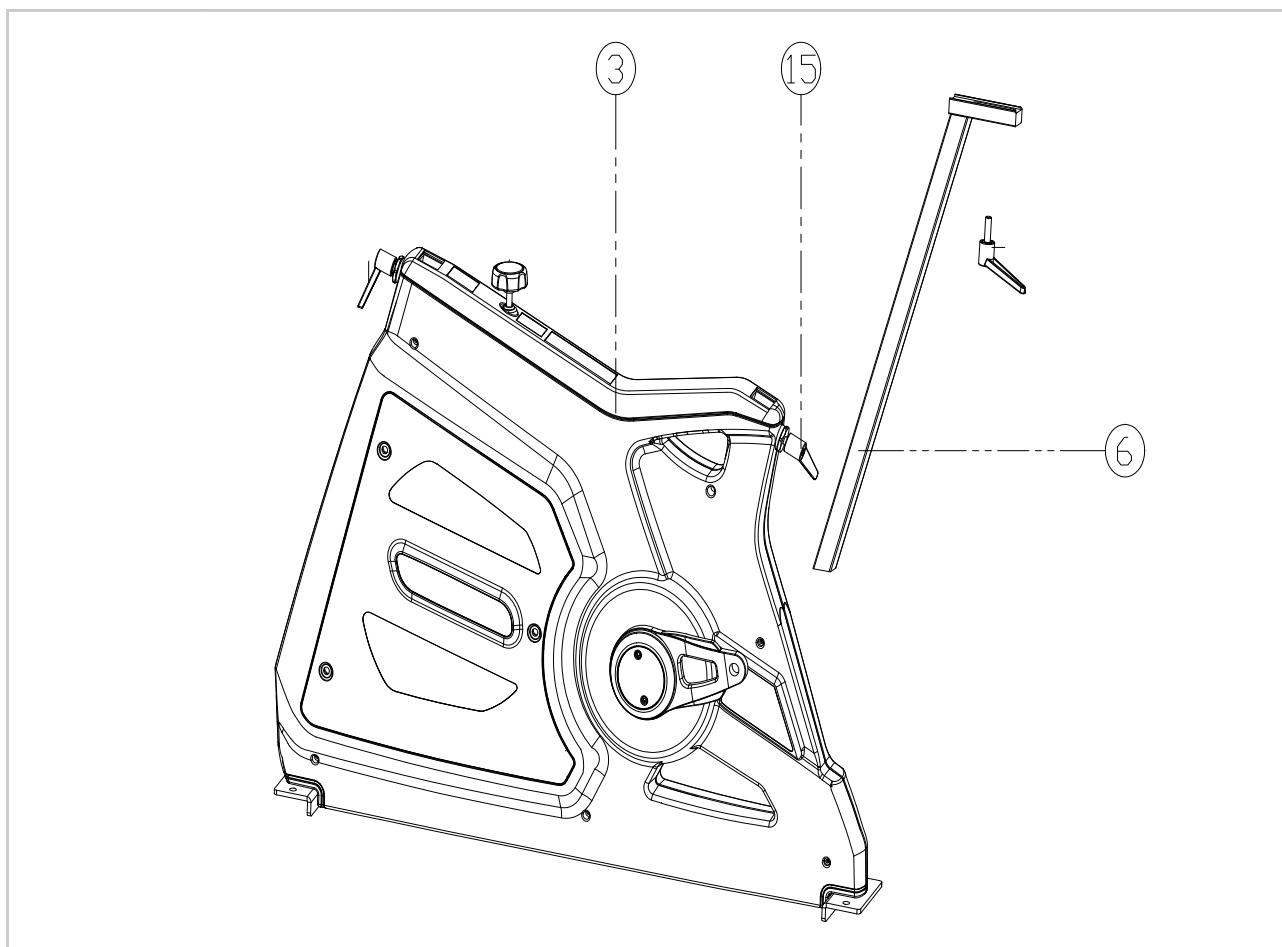
- Insert the handle adjustment frame (1) into the handle adjustment tube of the main frame (3). When it is in the appropriate position, turn the adjustment handle (15) to secure it.

STEP 3



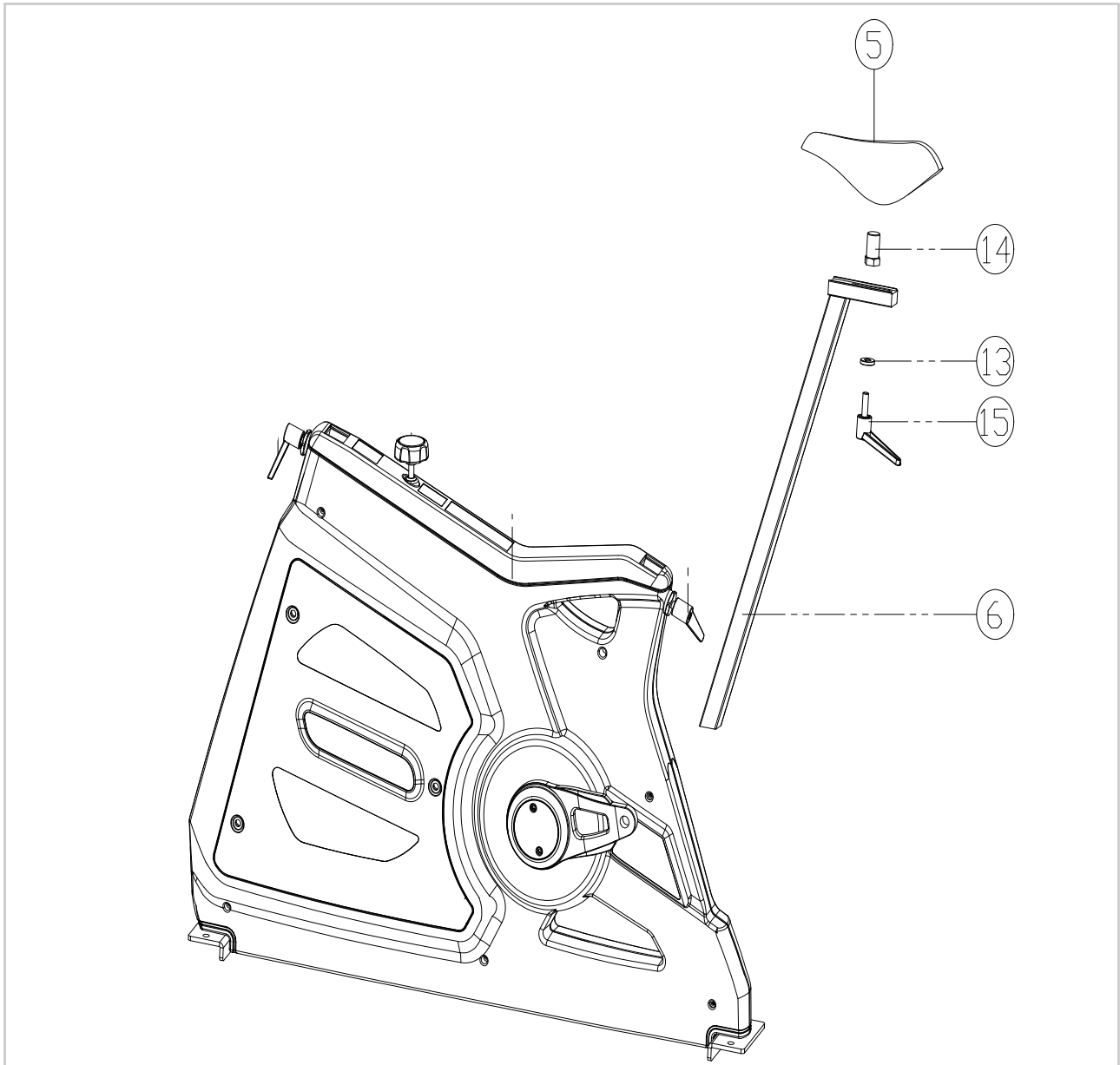
- Fix the handle (2) and the handle adjustment frame (1) by using the cylindrical head screws. Fix the bottle cage (24) to the handle (2) with a semicircular head screw (25). Secure the console (27) to the handle (2) with a semi-circular head screw (28) and insert the wire connector.

STEP 4



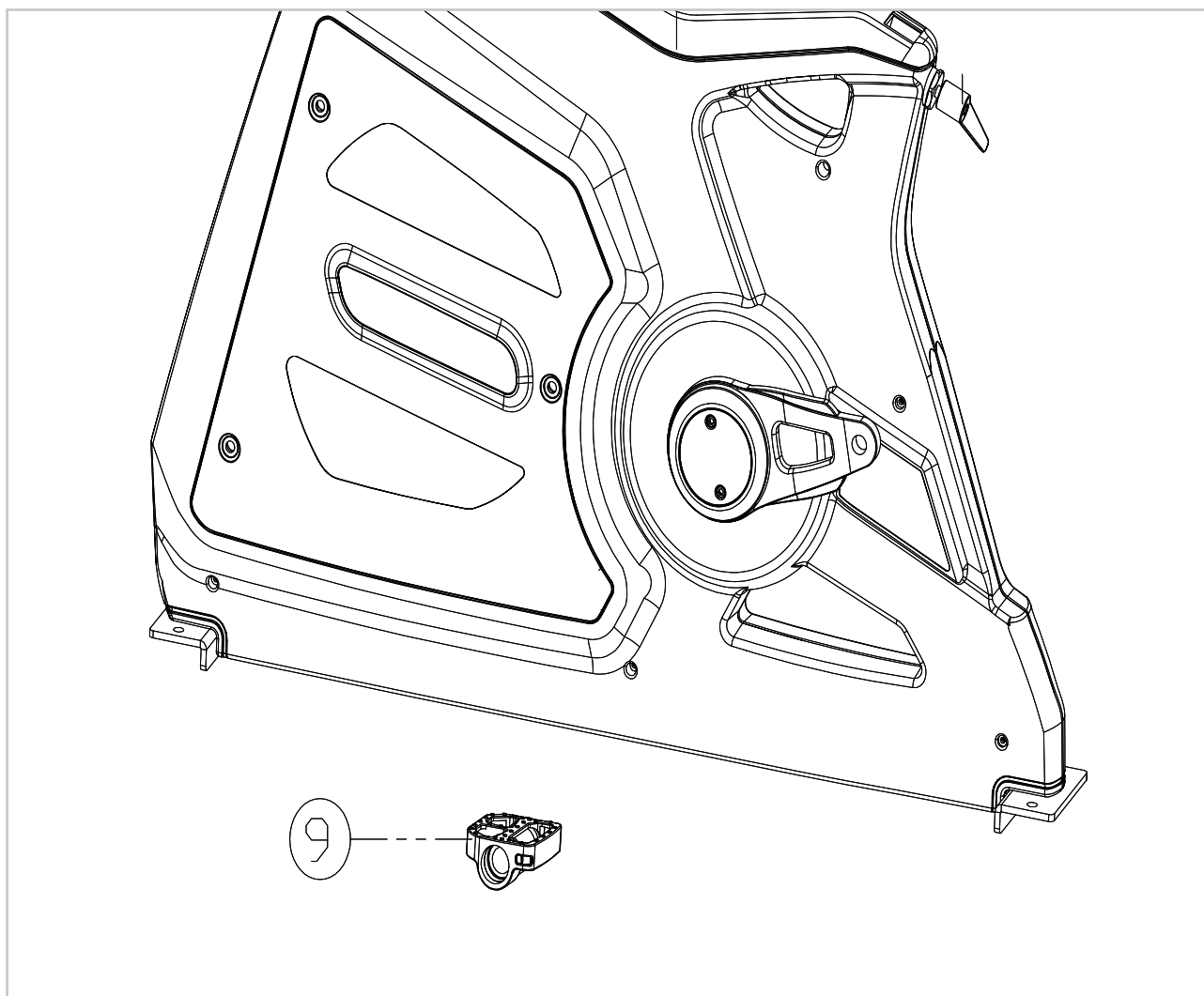
- Insert the cushion adjustment frame (6) into the cushion adjustment tube of the main frame (3). When it is the appropriate position, turn the cushion frame adjustment handle (15) to fix it firmly.

STEP 5



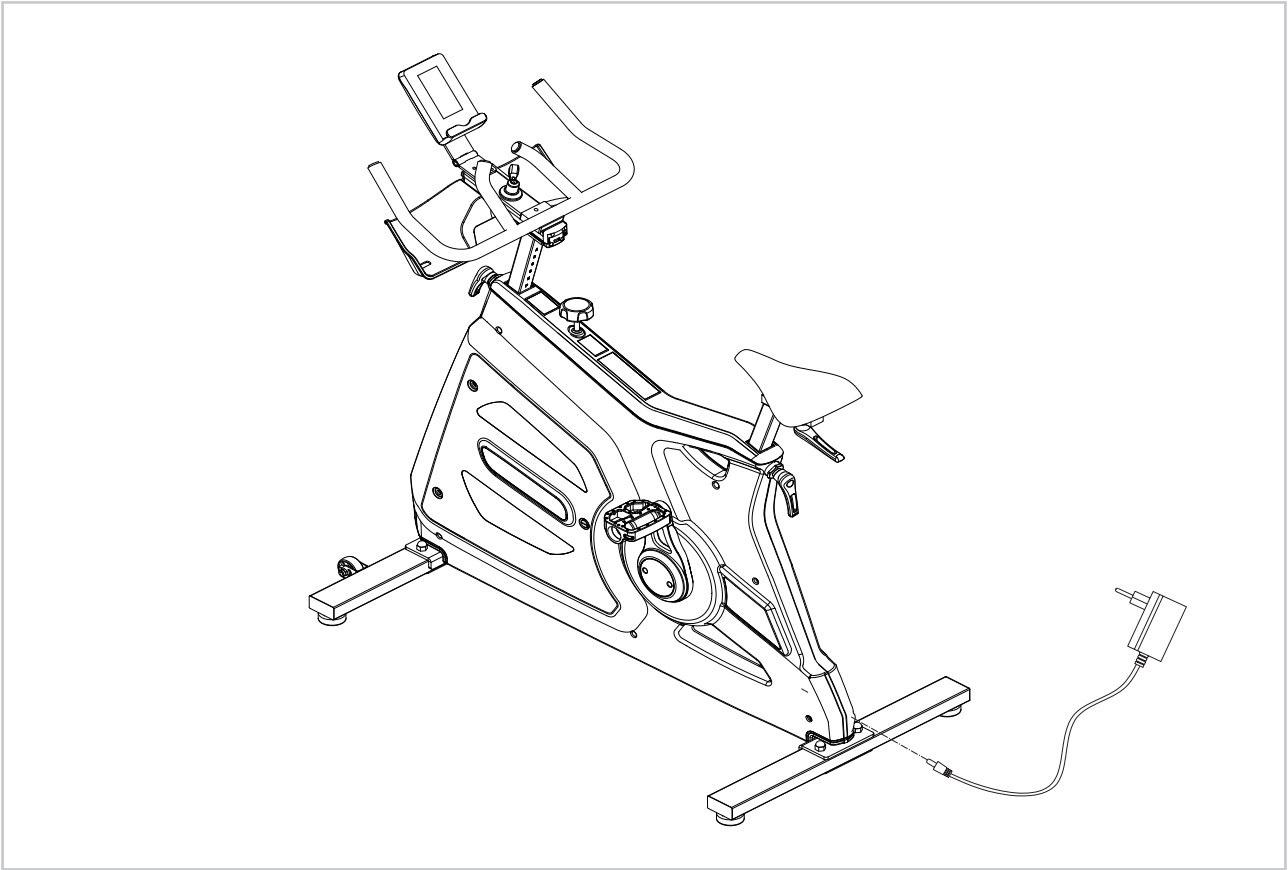
- Fix the cushion (5) and the cushion fixed shaft (14) by using the screws on the seat cushion, and then fix the seat cushion (5) and the seat cushion adjusting frame (6) using the seat cushion adjusting handle (15).
- Note that when fixing, the seat cushion fixed shaft (14) needs to be inserted into sliding groove of the cushion adjusting frame. The front and rear positions of the seat cushion can be adjusted by adjusting the adjustment handle (15).

STEP 6



- The pedals are marked with "L" (Left) and "R" (Right). Connect them to their correct crank. The judge crank is on the right side of the bicycle when you sit down. Note that the right pedal must be attached clockwise and the left pedal counterclockwise.

STEP 7



- Adjust the adjustment foot (8), so that the spinning bike is perpendicular to the ground.
- Insert the adapter line to power hole on the back of main frame (right side), then plug the adapter into an outlet.
- Check that all parts / screws are correctly attached and without play. So prevents parts from coming loose.

ATTENTION: *Cut off the power source when don't use it long time.*

ADJUSTING THE HANDLE AND SADDLE

Before exercise, adjust position of the handle and seat according to your height. Rotate the adjustment handle to loosen parts in a counterclockwise direction. Rotate the adjustment handle in the clockwise direction to fix parts. The seat and handle can be adjusted in the direction shown in Figure 3.

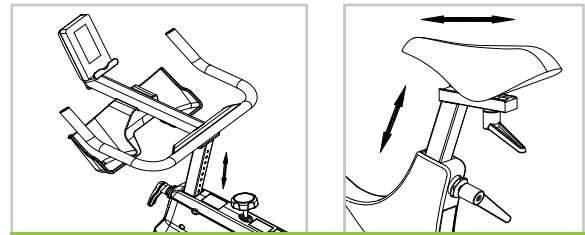


FIGURE 3

1. Standing upright next to the bicycle, adjusting the bicycle cushion to the buttocks position. As shown in Figure 4.
2. Adjust the height of the handle so that the lowest part of the handle is the same height as the seat cushion. As shown in Figure 5.
3. Adjust the front and rear position of the seat cushion. When the foot is at the forefront, your knee just exceeds your foot, as shown in Figure 6.
4. Adjust the handlebar, the distance between the seat cushion and the handlebar is equal to the length of your forearm. As shown in Figure 7.

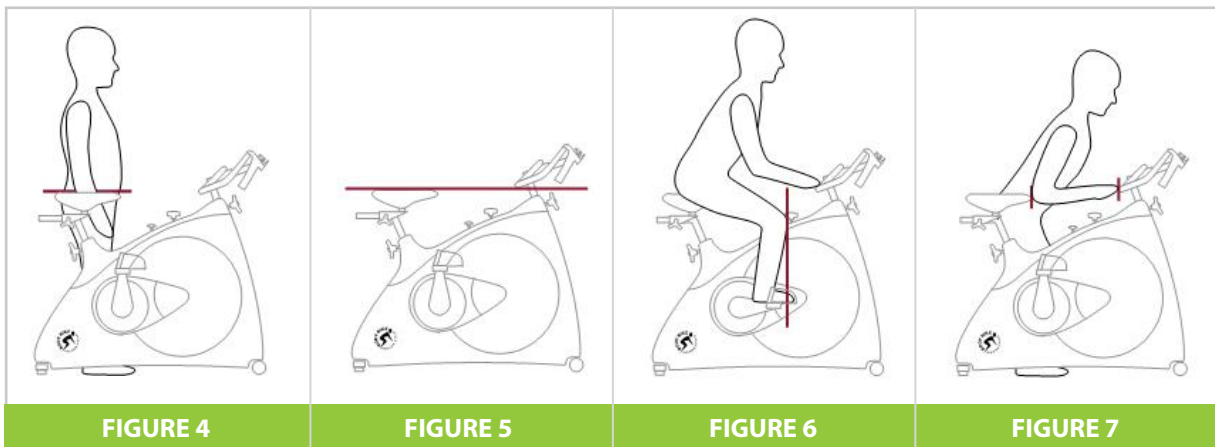


FIGURE 4

FIGURE 5

FIGURE 6

FIGURE 7

NOTE: When adjusting the upper and lower positions of the handle and the seat, their highest position should not exceed the horizontal "STOP" line as shown in Figure 8.

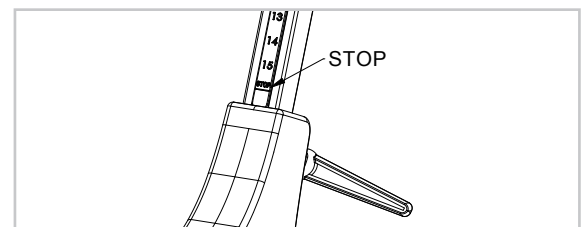


FIGURE 8

ADJUSTING BELT TENSION

When the bicycle is used for a long time, the belt of the inertia wheel may become loose, so the belt of the bicycle must be adjusted.

1. Remove the protective cover on both sides of the bicycle
2. Loosen the screw(1) with a wrench and loosen nuts on both sides of bicycle as shown in Figure 12.
3. Use a wrench to turn screws on both sides of bicycle in the clockwise direction to tighten belt.
4. Tighten the nuts (2) on both sides of the bicycle, and then tighten the nut (1).
5. Cover with a protective cover.

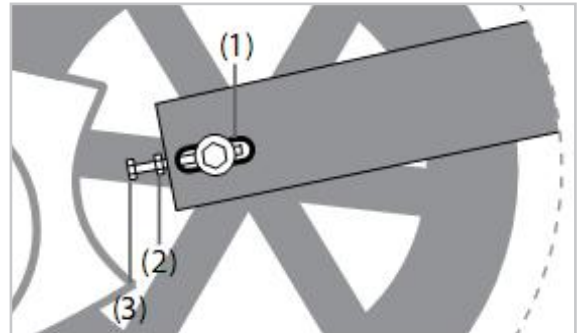


FIGURE 12

PEDAL INSTRUCTIONS

1. Select the right type of lock shoes, and the tightness is moderate to avoid discomfort during exercise. When the lock is unlocked, the lock shoes must be followed by the foot to correspond to an emergency.
2. Mounting lock: The installation position of the lock piece varies from person to person, and the installation position is on the front. The outbreak is good; the installation position is back, and the endurance is sufficient. As shown in Figure 9.
3. After the preparation is completed, put on the lock shoes, Practice locking and unlocking before training.

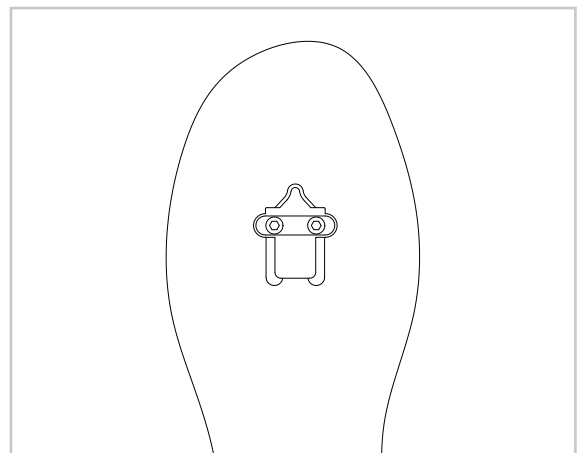


FIGURE 9

STOP TRAINING

The weight of this spinning bike inertia wheel is very big, so do not go down straight from the bicycle when crank is still spinning, otherwise trainer may be thrown forward and causes unnecessary damage. If you want to stop training, you can adjust console to increase resistance or press directly the brakes resistance regulator down until crank stops, and then trainer can get off the bike.

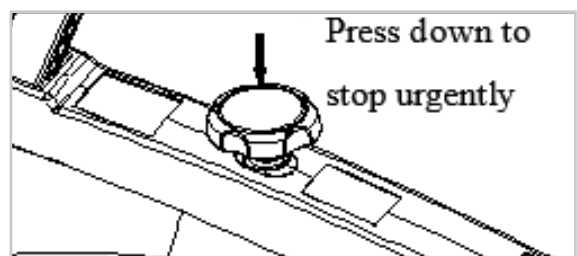


FIGURE 12

Safe and effective use can only be achieved if the device will be assembled and maintained well. It is your responsibility to ensure that the equipment is regularly maintained. Parts that are already used and / or damaged must be replaced before continuing using. The spinbike may only be used indoors and stored away, prolonged exposure to weathering and changes in temperature / humidity can have a serious impact on the electrical components and moving parts of the spinbike.

DAILY MAINTENANCE

- Clean and remove sweat after each use Do not use aggressive cleaning agents and ensure that the device remains free of moisture.
- Check that the device is free from dust and dirt.

SEMI-ANNUAL MAINTENANCE

- Inspect all bolts and nuts in connection with moving parts of the device, tighten as required.
- Check the mobility of moving parts and components of the use equipment, silicone spray if necessary.

PROBLEM SOLUTIONS

Display does not work

If the display no longer works, you can replace the batteries. These are at the back of the display.

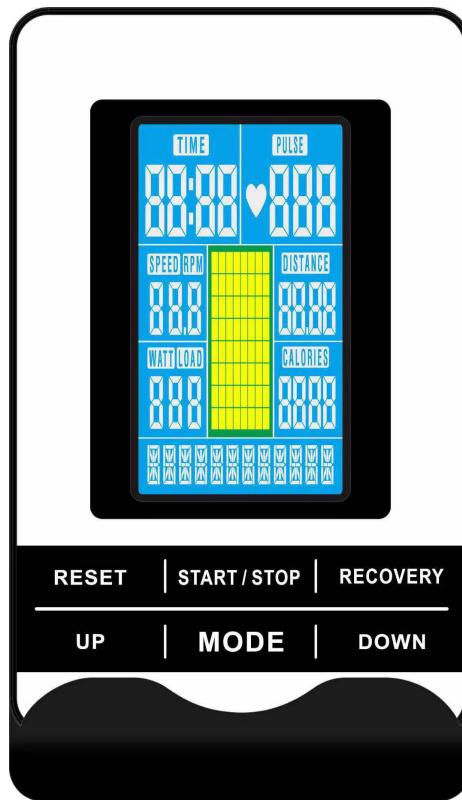
Display shows no values

If the display does not show any values, you can try to check the sensor cables and the cables in the back of the display. If this still does not work, you can move the sensor slightly.

Spin Bike beeps

Check that all bolts and nuts are tightened securely. Spray silicone spray if necessary.

CONSOLE



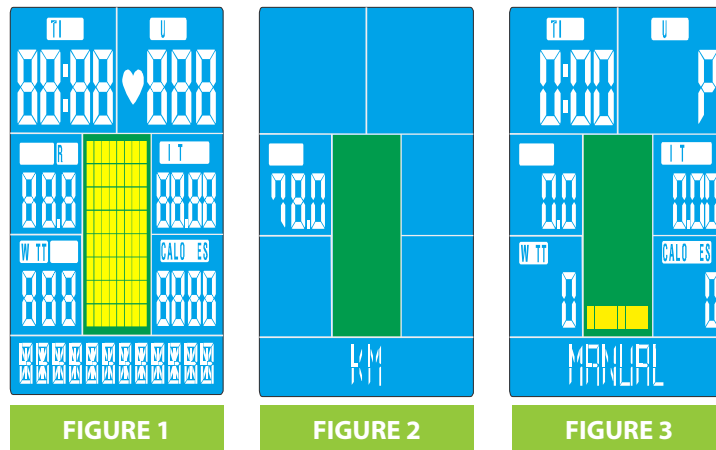
BUTTON	FUNCTION
RESET	Press "RESET" to return the display to the main screen. Hold "RESET" to fully reset.
START / STOP	Press "START / STOP" to stop or start the workout.
RECOVERY	Heart Rate Recovery test.
UP / DOWN	Choose your program or increase / decrease values.
MODE	Press "MODE" to select a desired function.

FUNCTION

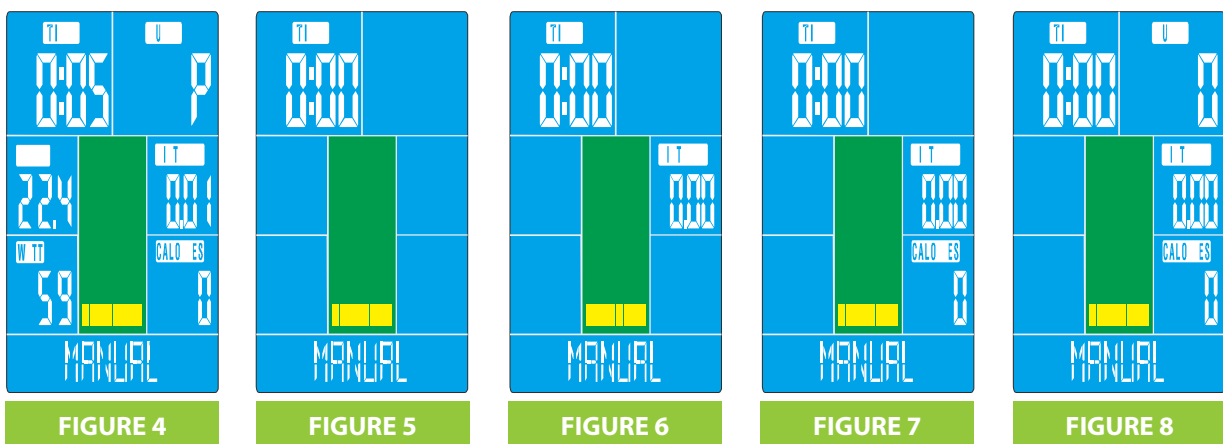
FUNCTION	EXPLANATION
SCAN	TIME-DISTANCE-CALORIES-PULSE-RPM / SPEED change automatically every 6 seconds.
SPEED	The speed is displayed during training when you start training.
RPM	Revolutions per minute.
TIME	The total cycling time from the beginning to the end of the exercise is displayed. If no signal is sent to the monitor for 4 seconds during training, the time stops.
DISTANCE	The distance of each workout is displayed when you start training. If a distance target is set, it runs from the set distance to 0 and an alarm sounds.
CALORIES	The total calories from the beginning to the end of the exercise is displayed. If a calorie goal is set, the calorie count decreases from the goal to 0 and an alarm sounds.
PULSE	Current heart rate is displayed after 6 seconds, if it is detected. If no heart rate signal is detected after 6 seconds, a "P" appears on the display. An alarm sounds if your heart rate is higher than your target heart rate. Range: 0-30 ~ 230 BPM.
WATT / LOAD	Shows the training wattage.

OPERATION

- When POWER ON or hold RESET key for 2s, buzzer will sound 1s and LCD full display for 2 seconds (Figure1). Then display wheel diameter and unit for 1s (Figure2). Then go to Standby mode (Figure3). And the motor has been settled, it must be reversed to zero, then go to LOAD=1 to wait for each setting.



- Enter (Figure3) screen to select the sport mode, selection order MANUAL -> BEGINNER -> ADVANCE -> SPORTY -> CARDIO -> WATT etc sport modes (recyclable).
- If choose MANUAL, press the MODE button to enter MANUAL function. If press START button, then it starts counting sport directly, all the calculated values will be counted up (as Figure 4). Or you can press UP and DOWN to adjust LOAD level; If press MODE to set TIME (Figure5), setting sequence is TIME -> DIST -> CAL -> PULSE (as Figure 5~8) which can be set cyclically. After setting, press START button to start motion state.



- If select BEGINNER function (Figure 9), press MODE confirm to next step. Set BEGINNER1~4 (Figure10), press UP/DOWN to select BEGINNER 1, and press MODE to confirm entering this mode, you can press UP/DOWN button to adjust and set TIME or directly press START button to start workout. After START,

press UP and DOWN buttons to adjust motor LOAD. When the graph is executed to the ninth STEP, it is shifted to the left by the scroll bar, and so on.

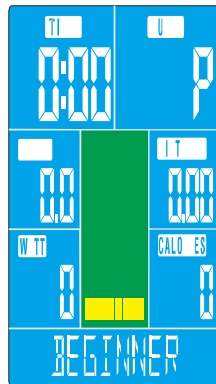


FIGURE 9

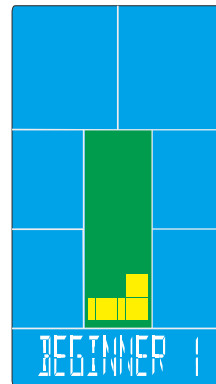


FIGURE 10

- If select ADVANCE function (figure11), press MODE confirm to next step. Set ADVANCE 1~4 (figure12), press UP/DOWN to select ADVANCE 1, and press MODE to confirm entering this mode, you can press UP/DOWN button to adjust and set TIME or directly press START button to start workout. After START, press UP and DOWN buttons to adjust motor LOAD. When the graph is executed to the ninth STEP, it is shifted to the left by the scroll bar, and so on.

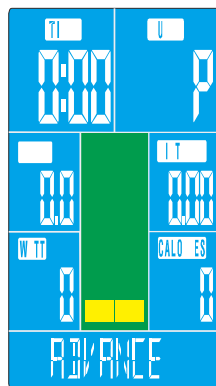


FIGURE 11

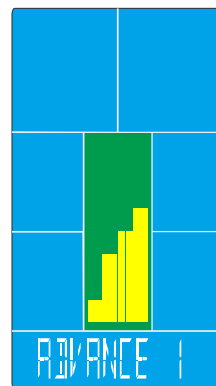


FIGURE 12

- If select SPORTY function (figure13), press MODE confirm to next step. Set SPORTY 1~4 (figure14), press UP/DOWN to select SPORTY 1, and press MODE to confirm entering this mode, you can press UP/DOWN button to adjust and set TIME or directly press START button to start workout. After START, press UP and DOWN buttons to adjust motor LOAD. When the graph is executed to the ninth STEP, it is shifted to the left by the scroll bar, and so on.

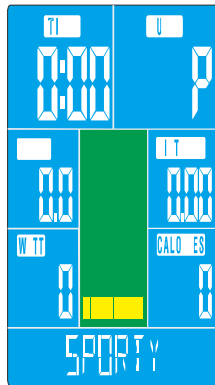


FIGURE 13

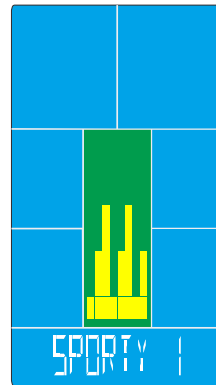


FIGURE 14

7. If select CARDIO function(15), press MODE confirm to next step, and press UP/DOWN to set age, and then press MODE confirm to next screen (Figure16). Set CARDIO 55%~TAG (Figure17). Press UP/DOWN to choose CARDIO 55%, and press MODE confirm to enter this mode. And press UP/DOWN to adjust and set TIME or press START directly to start workout. When there is no PULSE signal input in six seconds after START is executed, LCD will display "PULSE INPUT" to prompt the user (Figure 18).

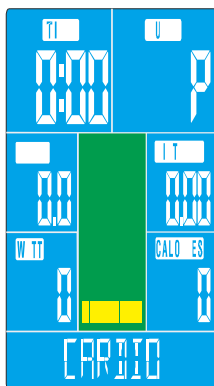


FIGURE 15

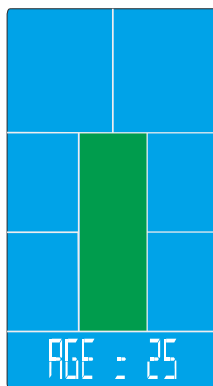


FIGURE 16

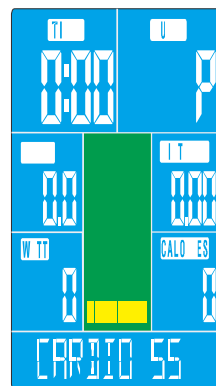


FIGURE 17



FIGURE 18

8. If choose WATT function (Figure 19), press MODE confirm to next step. And set WATT (10~350±5), press UP/DOWN to set (default value 120, Figure 20) and press MODE to confirm. And go to next step to set TIME (1~99 minutes) or press START to execute function; After START, according to the WATT value and practice state input by the user, the LEVEL value is automatically adjusted (Figure 21), and the WATT value can be adjusted by pressing the UP or DOWN button.

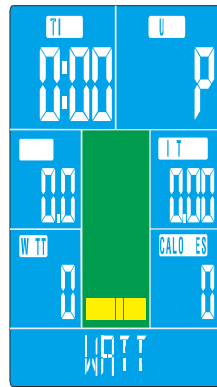


FIGURE 19

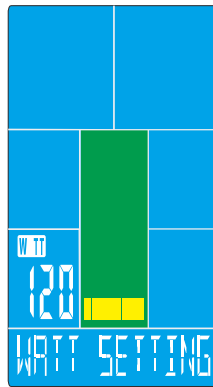


FIGURE 20

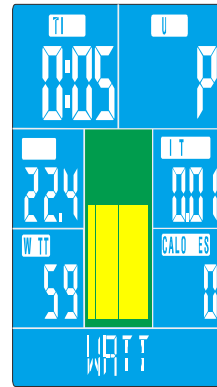


FIGURE 21

9. RECOVER function

1. If there is no PULSE input, pressing the RECOVERY button is invalid.
2. Press this KEY once after the PULSE value is displayed:
 - a. TIME and PULSE function was displayed, other functions stop and cannot be displayed (Figure 22).
 - b. TIME value will display "0:60" seconds and start counting down (if the PULSE has no input during the countdown, it does not affect the time of automatic shutdown), PULSE window will display actual heart rate value. When count down to zero, it displays "FX" (figure 23, X value is 1~6), and buzzer will sound a short time, and at the big 8 place, the heart rate value is continuously displayed, then press RECOVERY to normal display setting (Motor returns to zero and level 1, waiting for each setting).
3. Press this KEY after "FX" is displayed ,it returns to normal setting .If press this key again, it will start executing from first item again.
4. Pressing this KEY will be back to normal setting during RECOVERY.



FIGURE 22

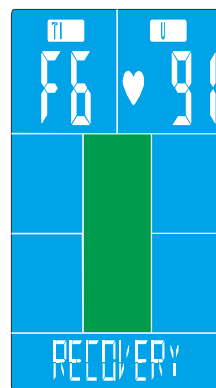


FIGURE 23

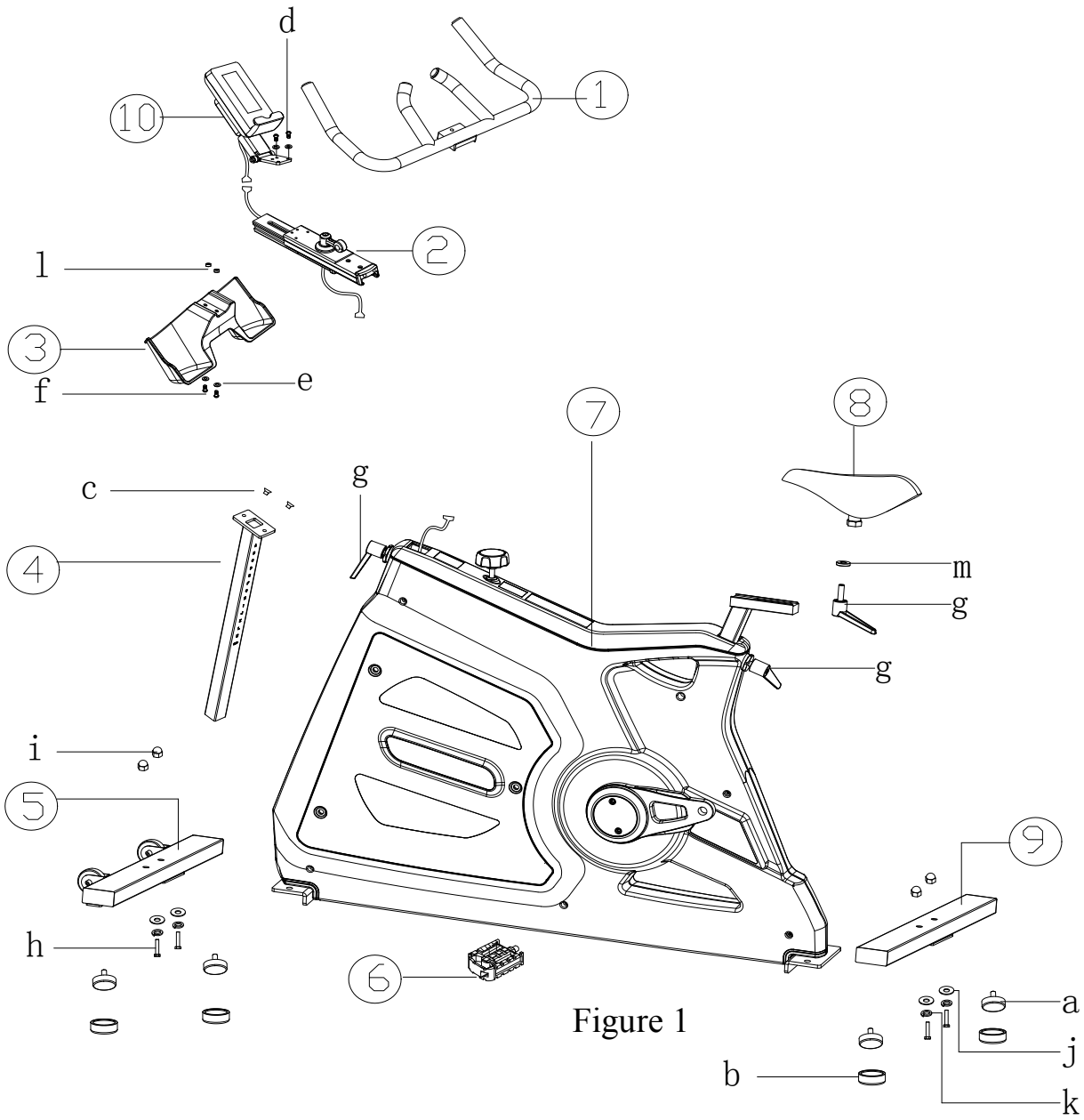


Figure 1

#	DESCRIPTION	QTY
1	Handle adjustment frame	1
2	Handle	1
3	Main Frame	1
4	Front ground group	1
5	Cushion	1
6	Cushion adjustment frame	1
7	Rear ground group	1
8	Adjustment foot	4
9	Pedal	2
10	Cap nut	4
11	Hexagon Screw	4
12	Resistance adjustment button	1
13	Copper washer	2
14	Cushion fixed shaft	1
15	Adjustment handle	4
16	Hex nuts	4
19	Washer	4
20	Spring washer	4
21	Hex nut M8	2
22	Semicircular head screw M8*35	2
23	Wheel	2
24	Bottle cage	1
25	Semicircular head screw M6*10	2
26	Cylindrical head screw M10*10	2
27	Console	1
28	Semicircular head screw M5*10	4

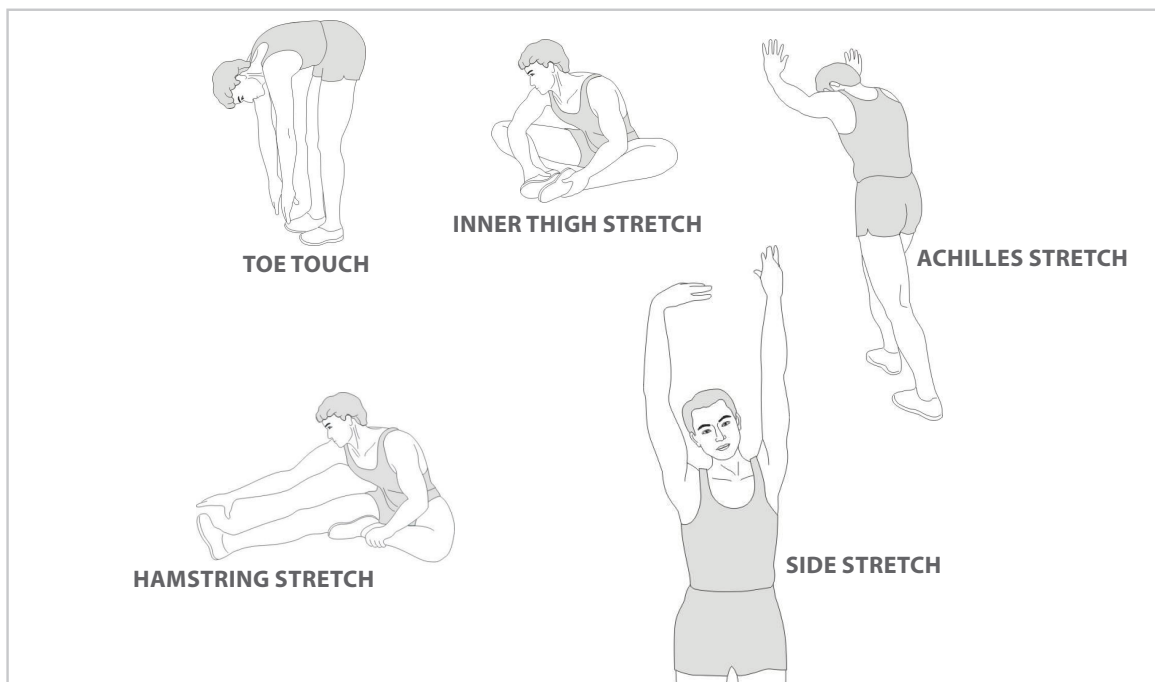
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARMING 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.

STRETCHEN

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.



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.