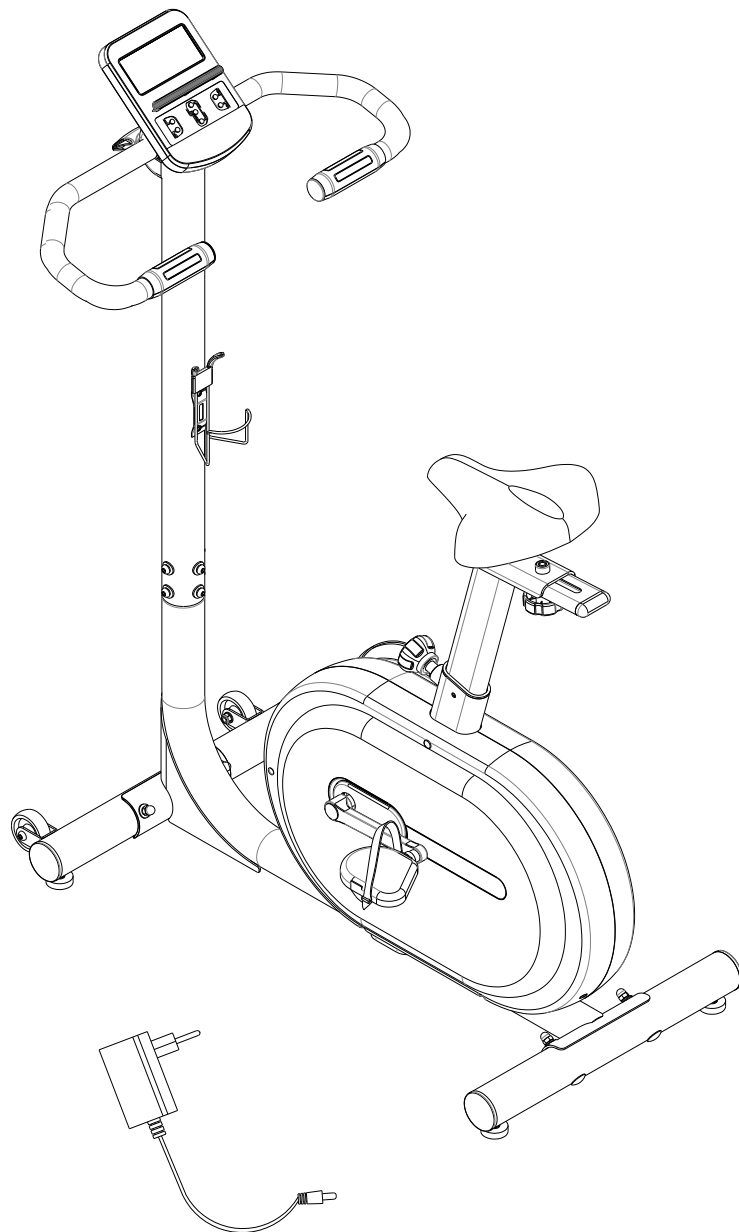


# virtuafit

*Low Entry Bike 1.2i Hometrainer*

## User manual



SAFETY INSTRUCTIONS	3 - 4
CHECKLIST	5 - 6
ASSEMBLY INSTRUCTIONS	7 - 10
ADJUSTMENTS GUIDE	11
MOVING THE BIKE	12
MAINTENANCE	13
TROUBLE SHOOTING	14
CONTROL PANEL	15 - 22
EXPLODED DRAWING	23 - 24
PARTS LIST	25 - 26
TRAINING INSTRUCTIONS	27

## 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.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 metres of free space all around it.
- Before using the equipment, check that the nuts and bolts are securely tightened.
- The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.


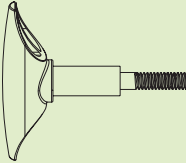
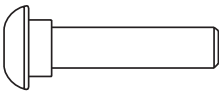
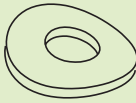
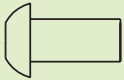

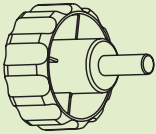
- Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- The max user weight is 140 KGS. Braking ability is independent of speed.
- The equipment is not suitable for therapeutic use.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- 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:**

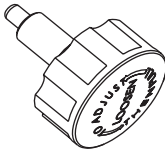


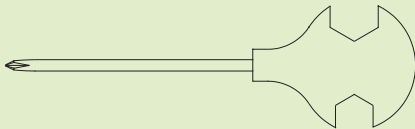
- Maintenance assembly and repair work not carried out by an official dealer.
- In the event of improper use, neglect and / or poor maintenance.
- Failure to maintain the fitness equipment in accordance with the manufacturer's instructions (see the enclosed manual).

## TOOLKIT

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

NUMBER	DESCRIPTION	SHAPE	QTY
92	Cover		1
91	Knob M8*30		1
20	Bolt M8*73		4
14	Arc Washer D8*Φ20		10
21	Cap Nut M8*H16		4
12	Bolt M8*20*S5		6
13	Spring washer D8		6
33	Knob M12		1

## TOOLKIT

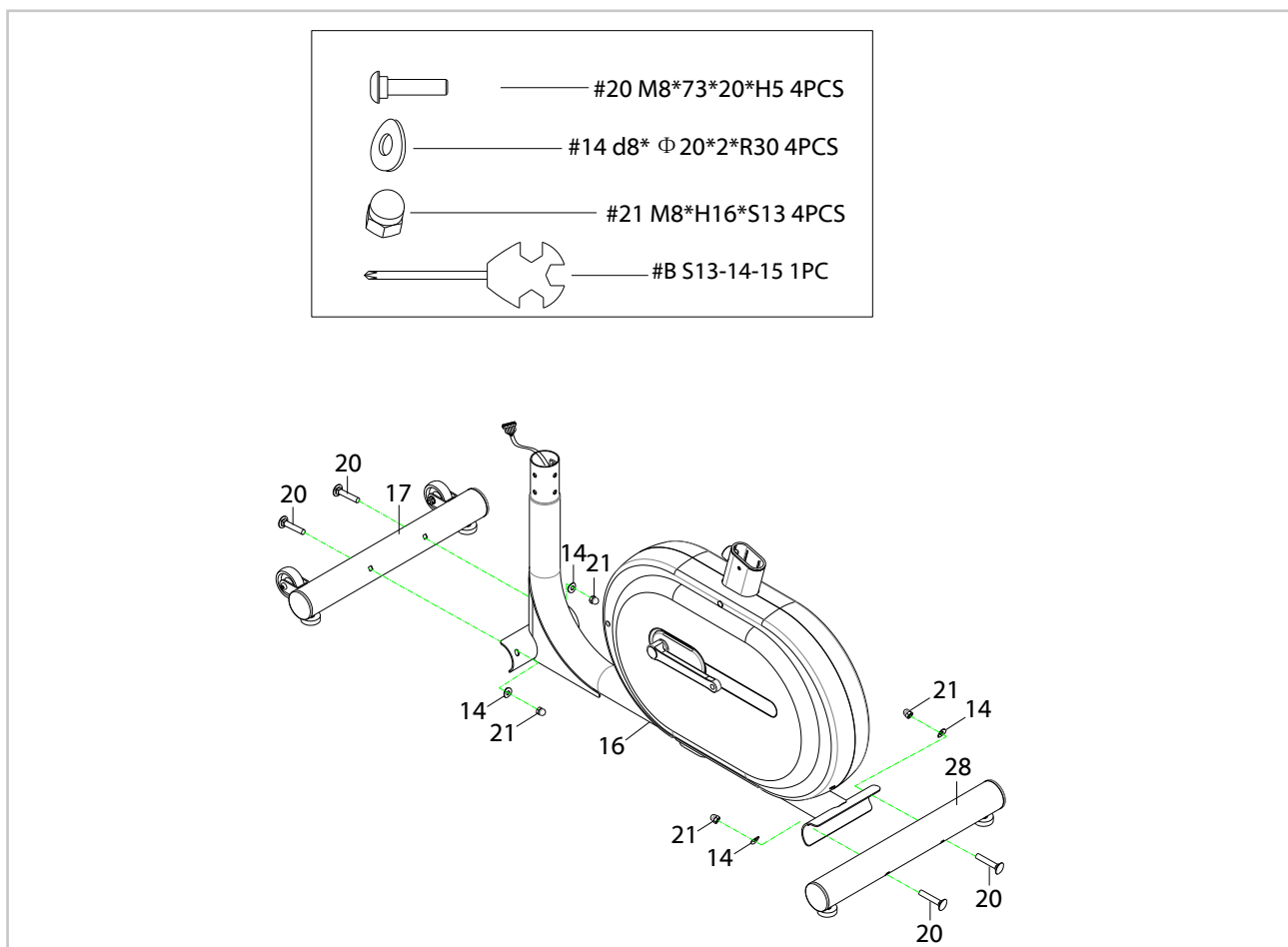
NUMBER	DESCRIPTION	SHAPE	QTY
35	Knob M16		1
32	Washer D12		1
A	Spanner S5		1
B	Wrench S13-14-15		1

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

**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 hometrainer? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.

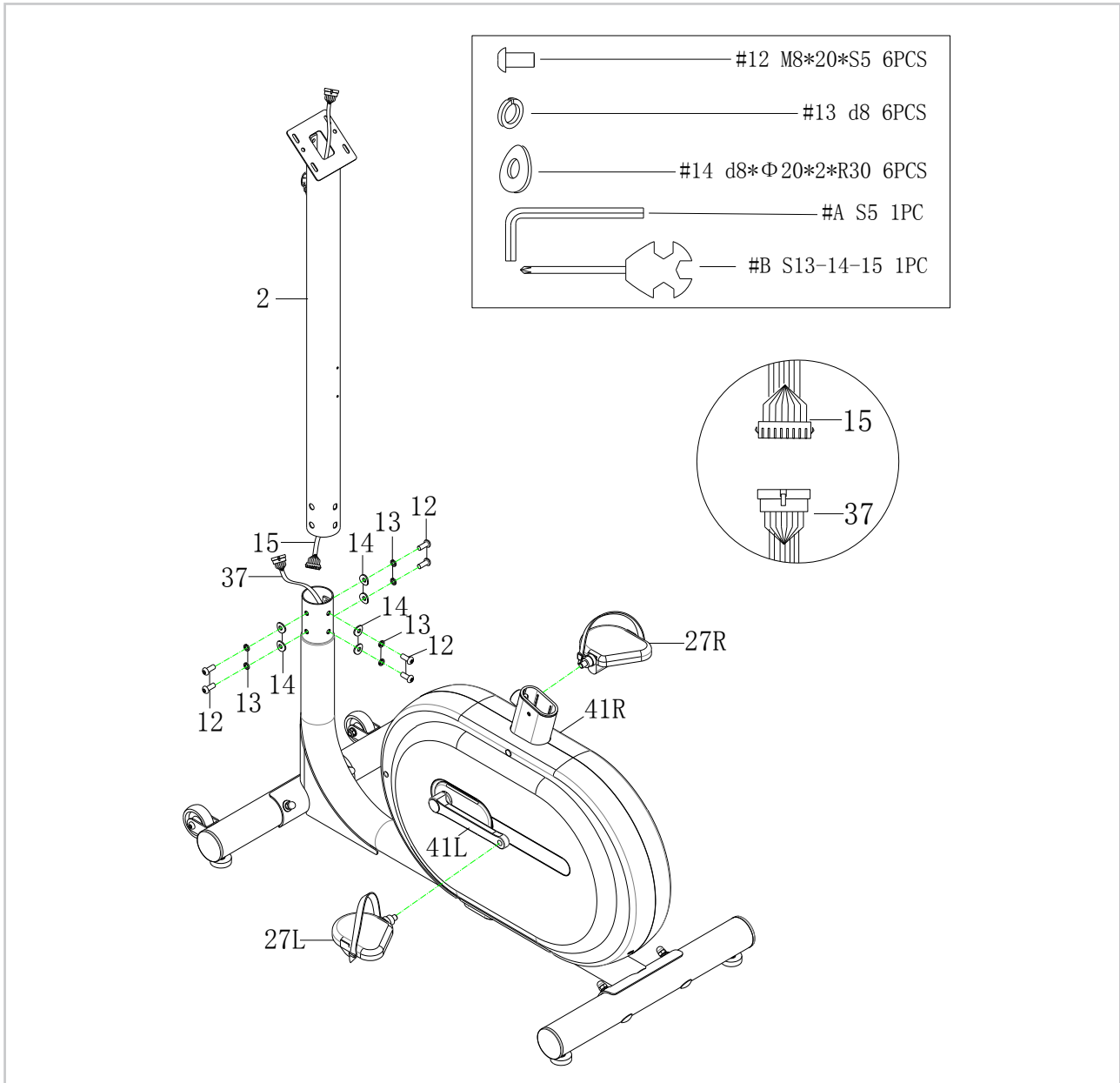
**Socket screws:** The hometrainer contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

## STEP 1



- Secure front bottom tube(17) to main frame(16) with bolts(20), arc washers(14) and cap nuts(21).
- Secure rear bottom tube(28) to main frame(16) with bolts(20), arc washers(14) and cap nuts(21).

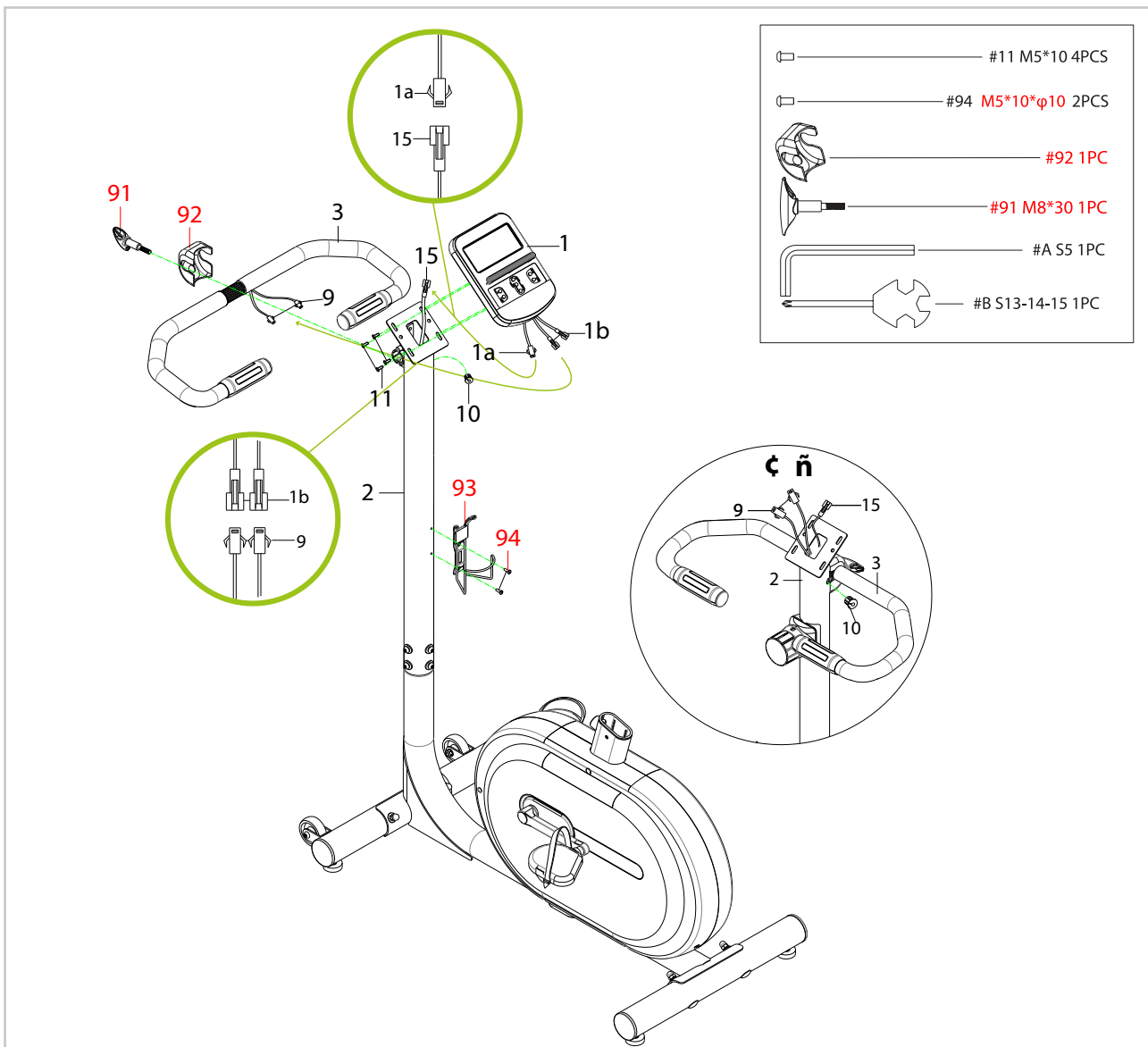
## STEP 2



- Connect trunk wire 1(15) with trunk wire 2(37).
- Insert postbar(2) into main frame(16), then secure them with bolts(12), spring washers(13) and arc washers(14).
- Secure pedal(27L/R) to crank(41L/R) by wrench(B).

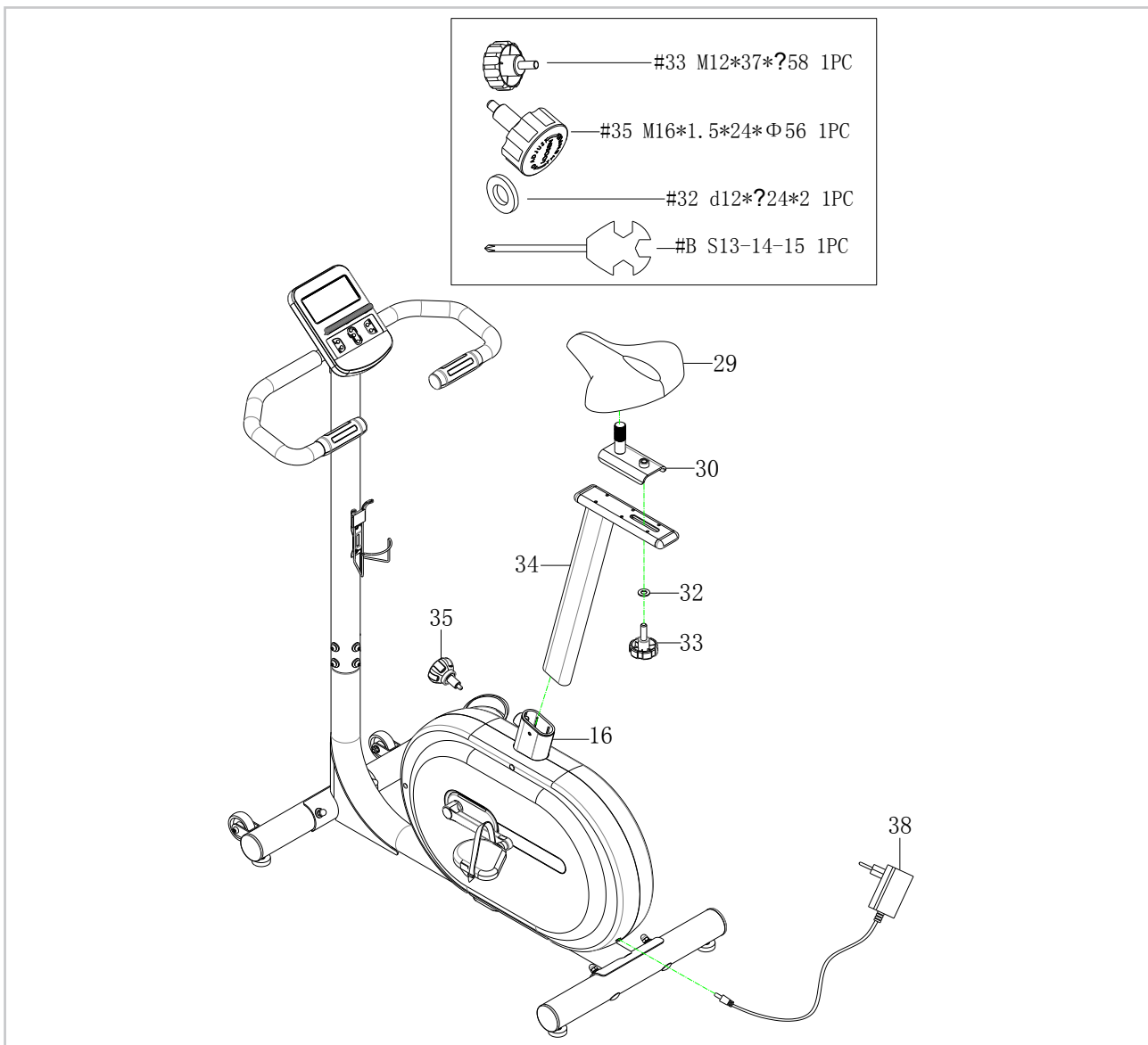


## STEP 3



- Secure handlebar(3) to postbar(2) with knob(91) and cover(92).
- Unlock screws(11) from computer(1).
- Insert handle pulse wire(9) into postbar(2), and connect with computer wire(1b); then connect trunk wire 1(15) with computer wire(1a), then cover end cap(10).
- Secure computer(1) on the postbar(2) with screws(11) by wrench(B);
- Unlock bolts(94) from postbar(2), then secure bottle holder(93) to postbar(2) with bolts(94) by wrench(B).

## STEP 4

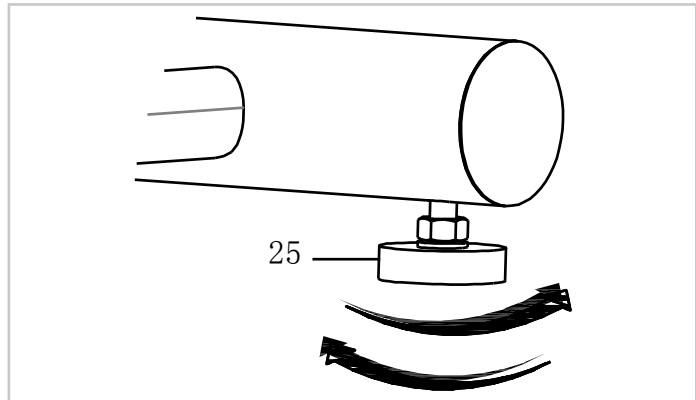


- Insert saddle tube(34) into main frame(16), then secure with knob(35).
- Secure saddle plate(30) in the saddle tube(34) with knob(33) and washer(32).
- Secure saddle(29) in the saddle plate(30) by wrench(B).
- Insert the adapter line(38) to power hole on the back of main frame(16), then plug the adapter into an outlet.

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

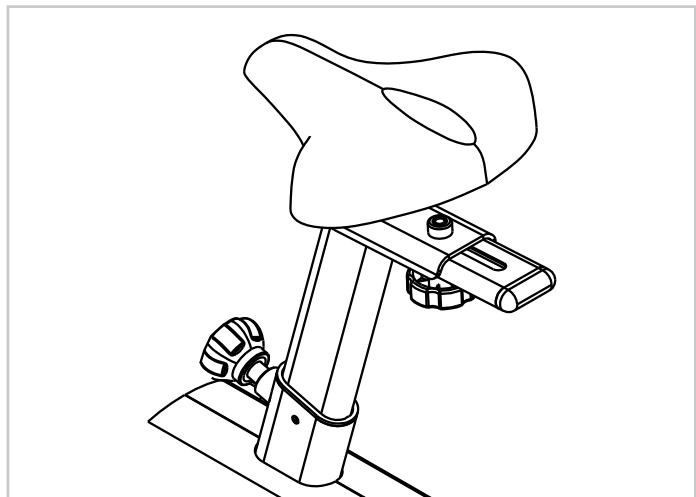
## ADJUSTING THE BALANCE

When this product is on an uneven surface, please adjust both Foot Pads (25) according to the above instruction picture.



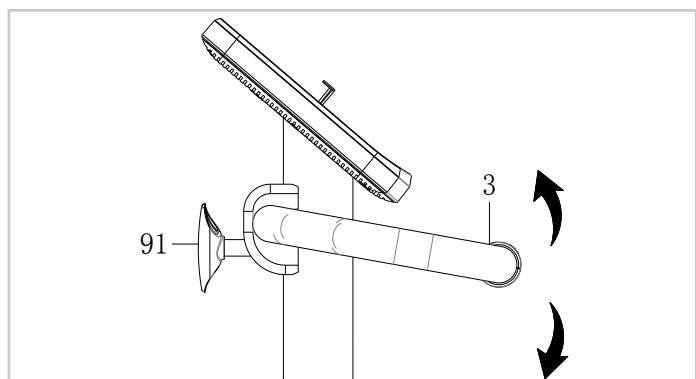
## ADJUSTING THE SADDLE

The saddle bar gives an indication of how high the saddle can be adjusted. You are advised not to go too high as the device can no longer be stable. Loosen the knob under the seat and remove the knob to release the seat post. To get the ideal seat height you must adhere to the following guideline; the highest pedal should be near your knee and the saddle should protrude just above your waist.

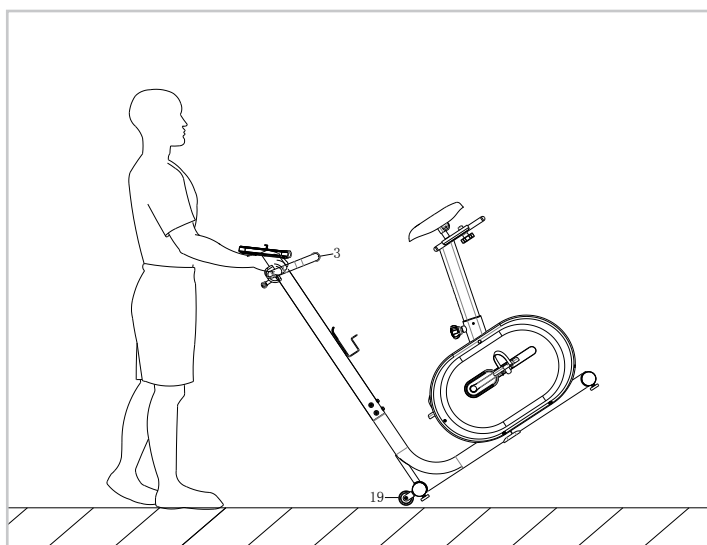


## ADJUSTING THE HANDLEBAR

Rotate tension knob (37) clockwise to increase the level of resistance, rotate the tension control counter-clockwise to decrease the level of resistance. Level 1 is the lowest and level 10 is the highest.



To move the machine, push the handlerbar(3) until the transportation wheels(19) on the front bottom tube touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.



***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 rower machine 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 hometrainer.***

## 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 if 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.

## **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.

## **Hometrainer beeps**

Check that all bolts and nuts are tightened securely. Spray silicone spray if necessary. Also check the wheels.

## **Ticking sound when pedaling**

This is probably caused by one of the pedals. Disassemble the pedal(s) and then re-assemble them on the device. Watch out, the left pedal must be screwed counterclockwise to secure, the right pedal must be screwed clockwise. Tighten the pedal firmly. If this is not the solution, report this to the supplier.

## **Heart rate display is not functioning**

There can be various reasons for this:

- The sensor cables that run from the heart rate sensor to the display are not properly installed or have become detached during use.
- The sensors may become damp, dirty or greasy. So you have to clean them regularly.

## **The console is not working**

If there is no signal when pedaling, check if the cable is properly attached.

## CONSOLE



BUTTON	FUNCTION
<b>RECOVERY</b>	To testing the level of heartbeat recovery.
<b>RESET</b>	Delete settings except the user defined U1 ~ U4, WATT, PULSE.
<b>UP/DOWN</b>	Adjust the function value up or down.
<b>START/STOP</b>	Start the training or resume training in stop mode.
<b>ENTER</b>	To changeover display WATT or RPM display in the working status ; .To choose set items in the stop status needs to be set.
<b>DISPLAY-ALT</b>	Lets you to select and lock on to a particular function you want.

## FUNCTIONS

KNOP	FUNCTIE
<b>TIME</b>	The total cycling time from the beginning to the end of the exercise is displayed.
<b>SPEED</b>	The speed is displayed during training when you start training.
<b>DISTANCE</b>	The distance of each workout is displayed when you start exercising.
<b>CALORIES</b>	The total calories from the beginning to the end of the exercise is displayed.
<b>PULSE</b>	Keep your hands on the sensor for 3 seconds to display your heart rate.
<b>RPM</b>	Revolutions per minute.
<b>WATTS</b>	Displays the wattage.
<b>SCAN</b>	Functions change automatically every 6 seconds.

## UNIT

HEIGHT	WEIGHT	KPH	RPM	DIST	CAL	WATT	PULSE
CM	KG	KM / H	R / MIN	KM	KCAL	W	BPM



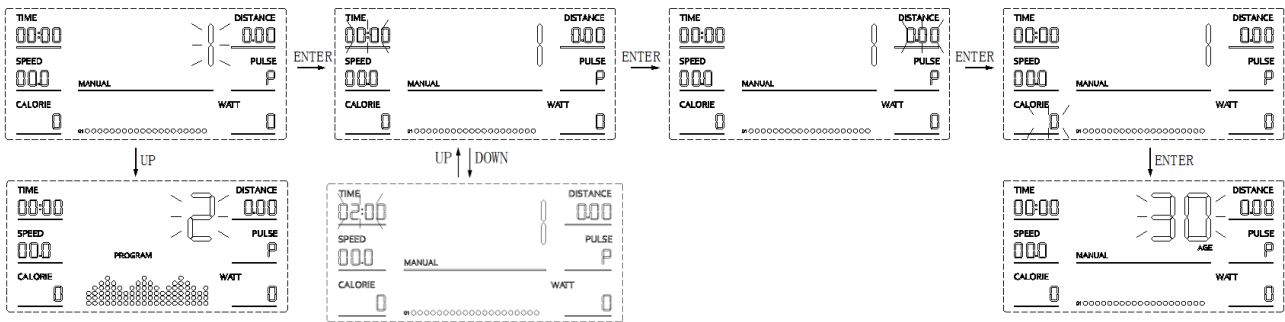
## PROGRAM SETTINGS

PROGRAM	EXPLANATION
<b>MANUAL MODE</b>	Program 1: adjust resistance level manually.
<b>PROGRAM MODE</b>	Program 2 ~ 11: Automatic resistance adjustment with preset values.
<b>BODY FAT</b>	Program 12: Percentage of body fat, body mass index (BMI) and basal metabolism
<b>WATT MODE</b>	Program 13: The resistance adjusts to the speed while the set wattage remains the same.
<b>H.R.C. MODE</b>	Program 14 ~ 17: The heart rate value is based on the movement mode (65%, 75%, 85%). The resistance adjusts to the speed so that the set heart rate remains the same.
<b>USER MODE</b>	Program 18 ~ 21: The voltage can be adjusted in different resistance levels.
<b>RECOVERY MODE</b>	Heart rate recovery status.

## PROGRAM EXPLANATION

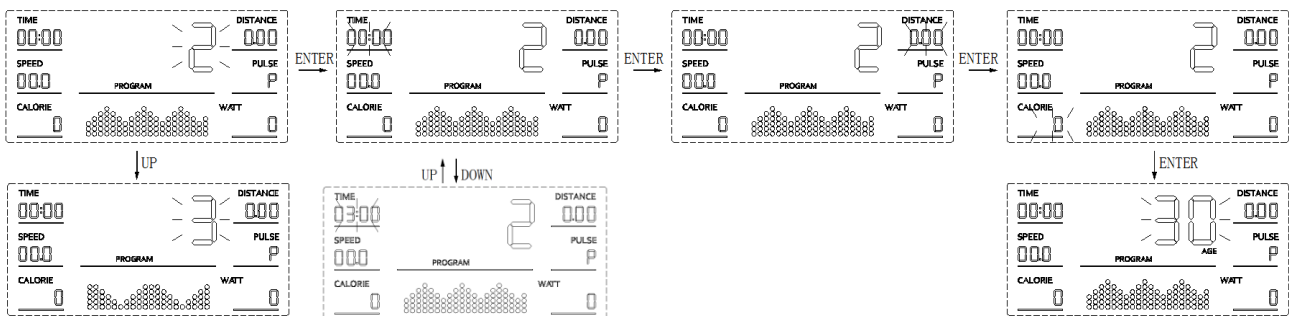
**MANUAL MODE (PROGRAM 1)**

1. Press "START" key to starting motion, or press "ENTER" key into setting.
2. In setting status, press "ENTER" key to choose setting items with relevant flashing window for TIME, DISANCE, CALORIE, AGE.
3. Press "UP" or "DOWN" key to upward or downward a adjusted, and press "ENTER" key to next
4. Automatically exits the set status when all operations are complete, or press "START" key in the settings status to start directly.
5. It can be adjusted the resistance value level freely during the motion status, with "UP" or "DOWN" key;
6. If time, distance, calories, or any of these are setting The corresponding value will be inverted in motion status. When any of setting value count to 0, t he motion will be STOP and "DI DI" Voice Prompt.
7. Press "STOP " key to STOP the motion, in the motio.



## PROGRAM MODE (PROGRAM 2-11)

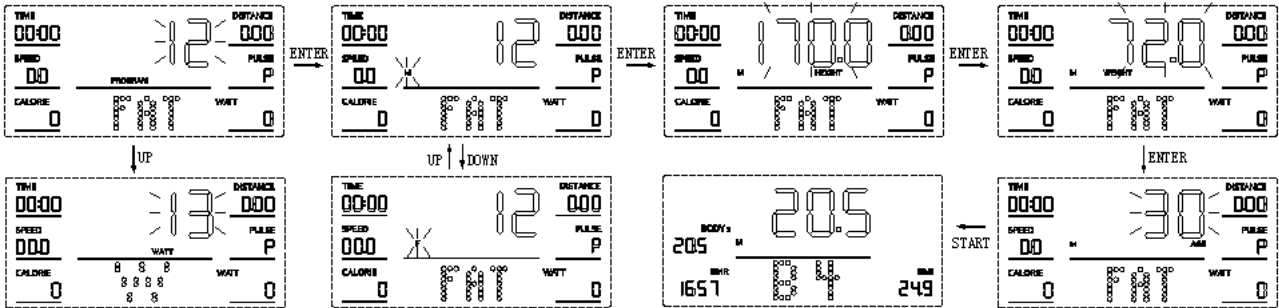
1. Press "UP" or "DOWN" key to select a particular function you want.
2. Press "START" key to starting motion, or press "ENTER" key into setting mode.
3. In setting status, press "ENTER" key to choose setting items with relevant flashing window for TIME, DISANCE, CALORIE, AGE.
4. Press "UP" or "DOWN" key to upward or downward a adjusted, and press "ENTER" key to next.
5. Automatic ally exits the set status when all operations are complete, or press "START" key in the settings status to start directly.
6. It can be adjusted the resistance value level automatic during the motion status with program, or press "UP""DOWN" to manual adjustment.
7. If time, distance, calories, or any of these are setting The corresponding value will be inverted in motion status. When any of setting value count to 0, the motion will be STOP and "DI DI"VoicE Prompt.
8. Press "STOP " key to STOP the motion , in the motion status.



## BODY FAT (PROGRAM 12)

1. Press "ENTER" key into setting mode;
2. In setting status, press "ENTER" key to choose setting items with relevant flashing window for GENDER - HIGHT - WEIGHT - AGE.
3. Press "UP" or "DOWN" key to upward or downward a adjusted, and press "ENTER" key to next item. Press "START" key to starting test and. Hold the pulse sensor. Then the display will show your body fat in 8 seconds later.

4. You should keep your body relaxed and your heart rate calm.



## B.M.I. (BODY MASS INDEX)

GENDER / AGE	UNDER WEIGHT	HEALTHY	SLIGHTLY OVERWEIGHT	OVER WEIGHT	OBESE
MALE <30	< 14%	14% - 20%	20.1% - 25%	25.1% - 35%	> 35%
MALE >30	< 17%	17% - 23%	23.1% - 25%	28.1% - 38%	> 38%
FEMALE <30	< 17%	17% - 24%	24.1% - 30%	30.1% - 40%	> 40%
FEMALE >30	< 20%	20% - 27%	27.1% - 33%	33.1% - 43	> 43%

## BODY FAT

GENDER	LOW	MEDIUM	SLIGHTLY HIGHT	HIGHT
MALE	< 13%	13% - 25.9%	26% - 30%	> 30%
FEMALE	< 17%	17% - 23%	23.1% - 25%	> 40%

**B.M.R (BASAL METABOLIC RATE):** The average number of calories burned per day for basic survival.

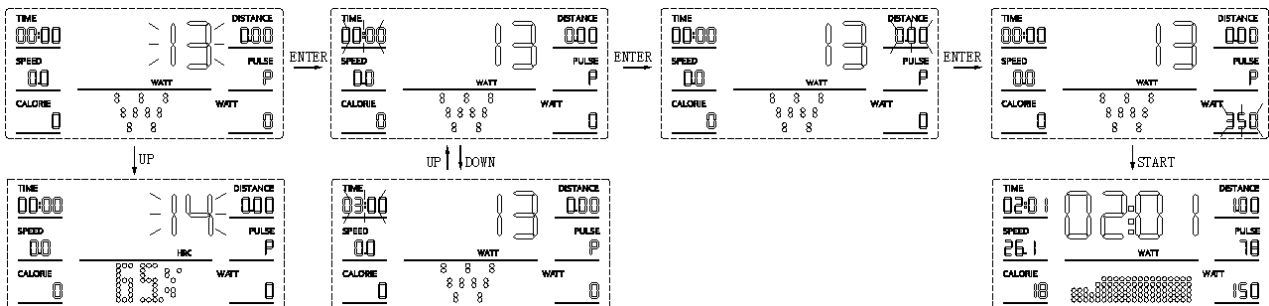
- Ref: 1300 ± 100 (22 - 40 years).

## BODY TYPE

B1	B2	B3	B4	B5	B6	B7	B8	B9
Skinny	Obese	Slightly thin	Slim	Healthy	Slightly overweight	Overweight	Obese	Obesity

## WATT MODE (PROGRAM 13)

1. Press "ENTER" key into setting mode.
2. In setting status, press "ENTER" key to choose setting items with relevant flashing window for TIME - DISTANCE - WATT.
3. Press "UP" or "DOWN" key to upward or downward a adjusted, and press "ENTER" key to next.
4. Press "START" key to starting.
5. It can be adjusted the resistance value level automatic during the motion status with WATT target value, or press "UP" "DOWN" to manual adjustment.
6. If time, distance, calories, or any of these are setting The corresponding value will be inverted in motion status. When any of setting value count to 0, the motion will be STOP and "DI DI" Voice Prompt.
7. Press "STOP" key to STOP the motion, in the motion

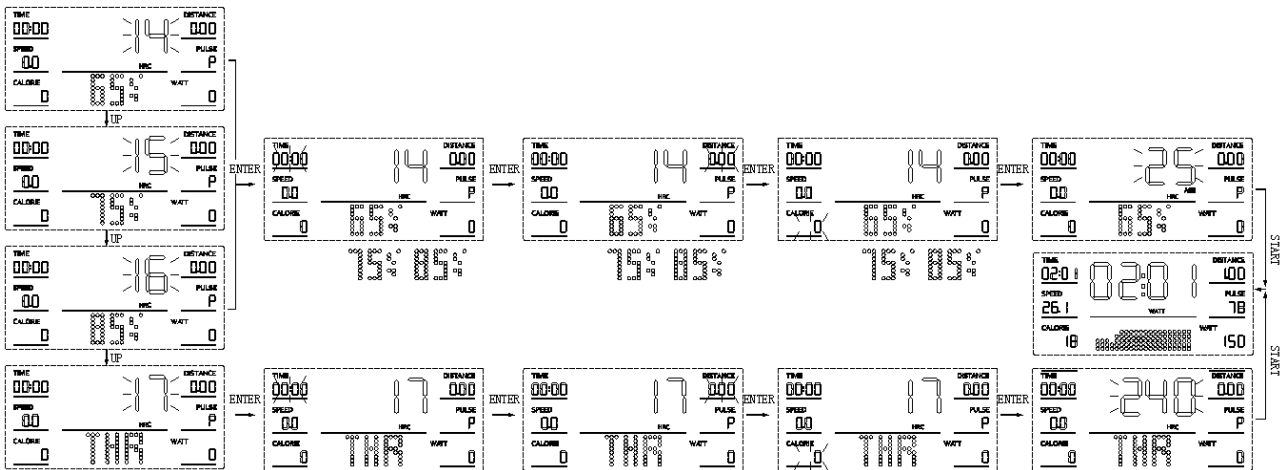


## H.R.C MODE (PROGRAM 14-17)

1. Press "UP" or "DOWN" key to select a particular function you want.
2. Press "START" key to starting motion, or press "ENTER" key into setting mode.
3. In setting status, press "ENTER" key to choose setting items with relevant flashing window for TIME - DISTANCE - CALORIE - AGE (only PROGRAM14 16). T.H.R (only PROGRAM17).
4. Press "UP" or "DOWN" key to upward or downward a adjusted, and press "ENTER" key to next.
5. Press "START" key to starting.
6. It can be adjusted the resistance value level automatic during the motion status with T.H.R target value, or press "UP" "DOWN" to manual adjustment.
7. If time, distance, calories, or any of these are setting. The corresponding value will be inverted in motion status. When any of setting value count to 0, the motion will be STOP and "DI DI" Voice Prompt.

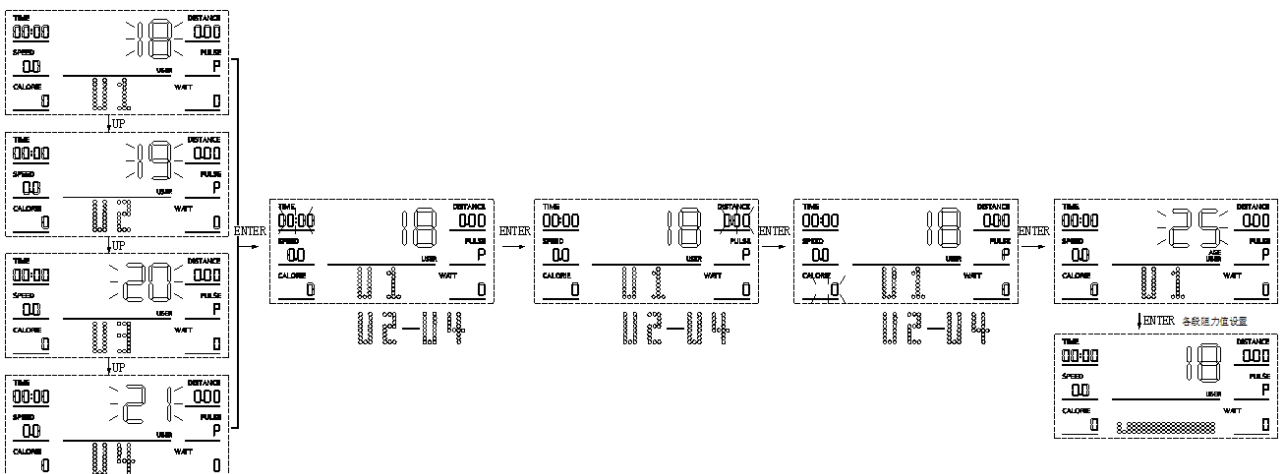
- Press "START/STOP" key to STOP the motion , in the motion status;" key to STOP the motion, in the motion status.

**NOTE:** You must be hold the pulse sensor in during exercise.



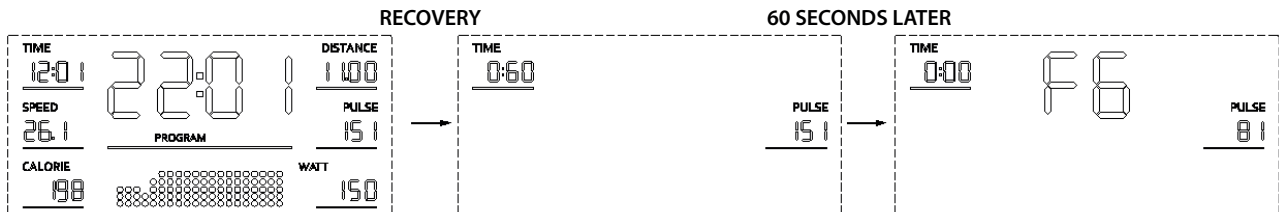
## USER MODE (PROGRAM 18-21)

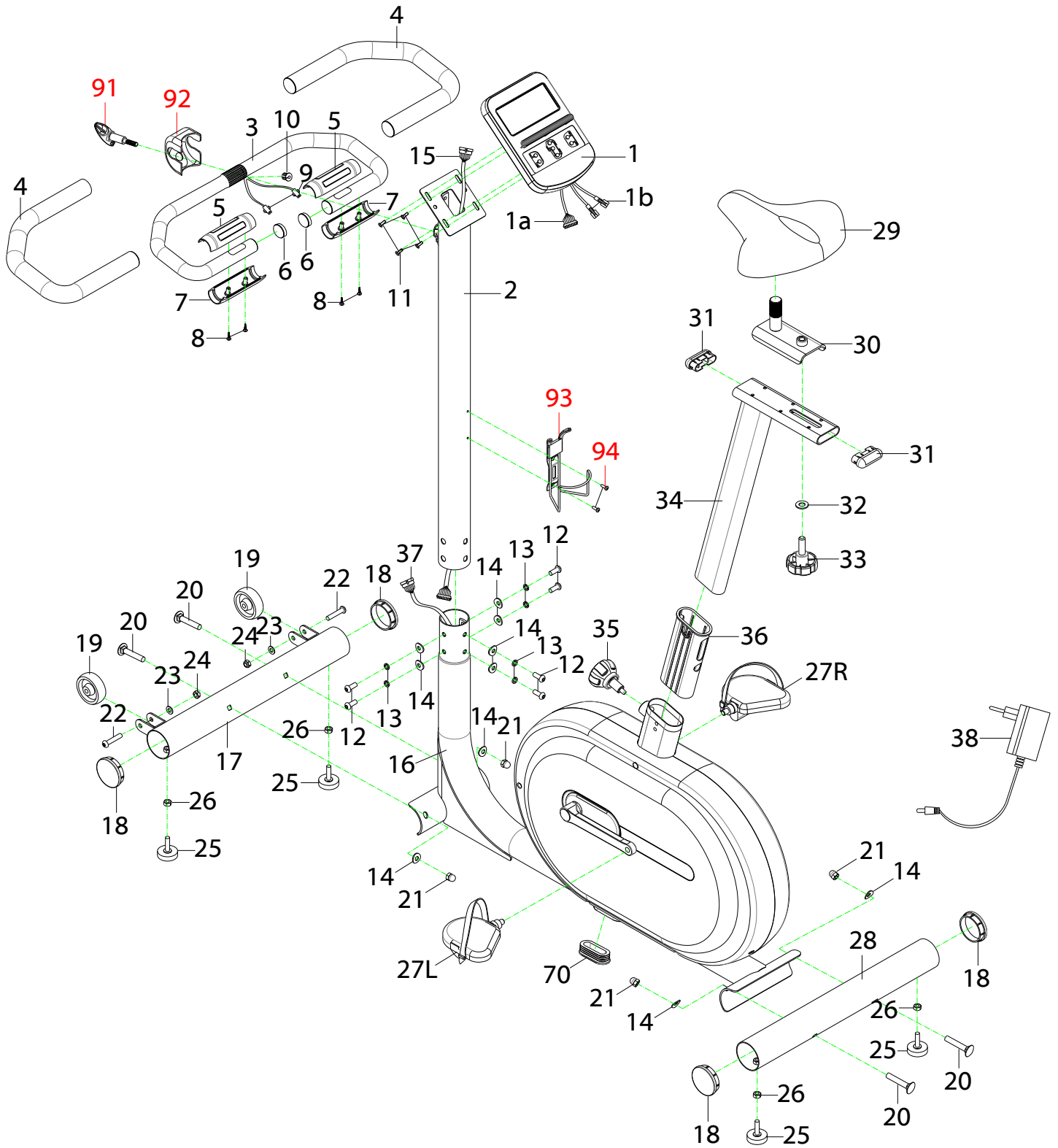
- Press "UP" or "DOWN" key to select a particular function you want.
- Press "START" key to starting motion, or press "ENTER" key into setting.
- In setting status, press "ENTER" key to choose setting items with relevant flashing window for TIME - DISTANCE - CALORIE - AGE - Resistance Value.
- Press "UP" or "DOWN" key to upward or downward a adjusted, and press "ENTER" key to next.
- Press "START" key to starting.
- It can be adjusted the resistance value level autom atic during the motion status, or press "UP""DOWN" to manual adjustment.
- If time, distance, calories, or any of these are setting. The corresponding value will be inverted in motion status. When any of setting value count to 0, the motion will be STOP and "DI Voice Prompt.
- Press "STOP " key to STOP the motion, in the motion.

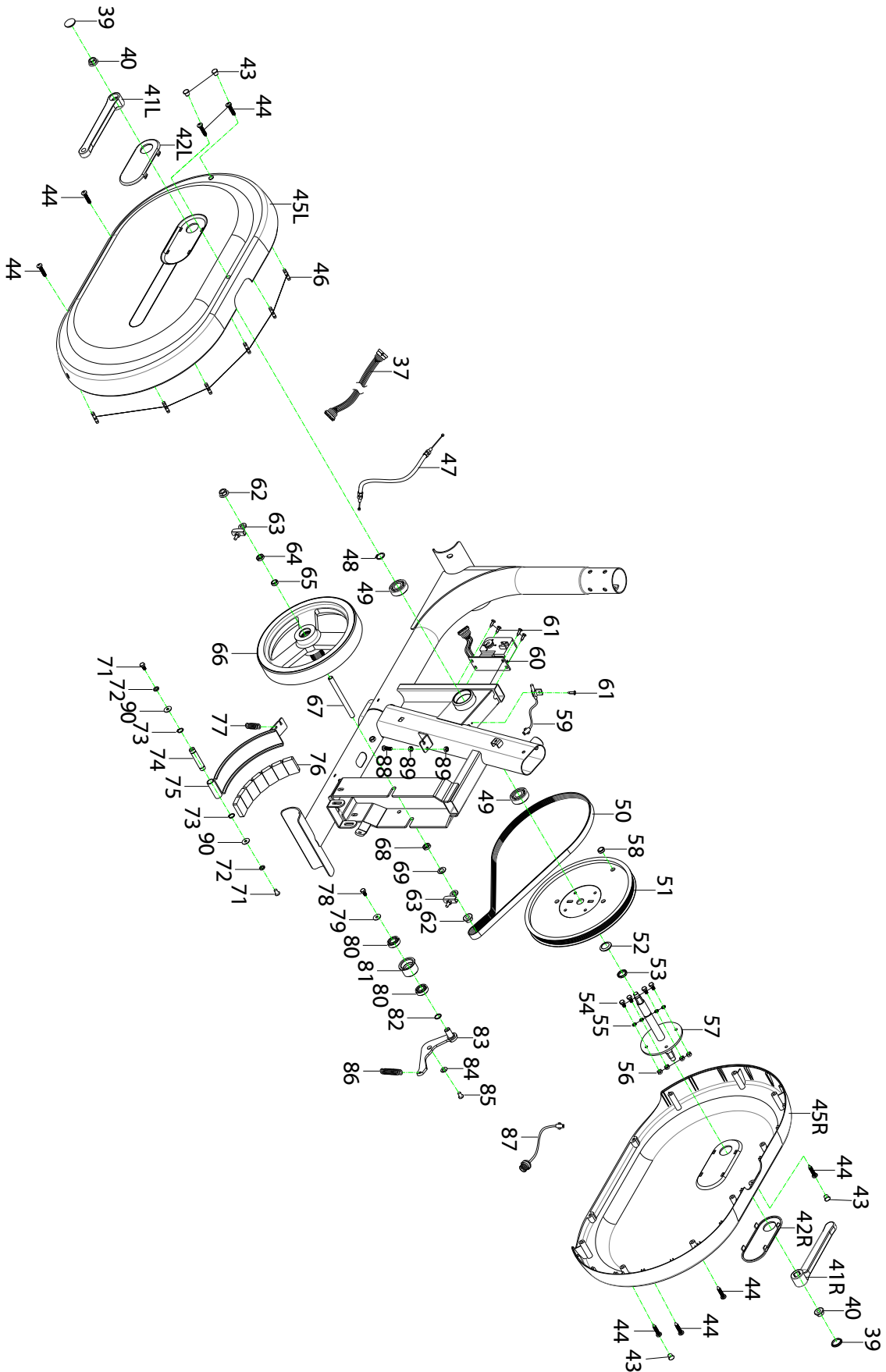


## RECOVERY MODE

In exercising status, first test your pulse as above mentioned. Then press “RECOVERY” key to enter pulse recovery function. The display will show 1 minute count down as well as your pulse rate. Hold on the pulse sensor until it counts down to zero. Then, it will pop up your pulse recovery level from F1 to F6, that is, from the fastest recovery to slowest. The fastest recovery F1 show the best.









#	DESCRIPTION	QTY
1	Computer	1
2	Postbar	1
3	Handlebar	1
4	Grip foam $\Phi 23 \times 3 \times 580$	2
5	Handle pluse plate 1	2
6	Round cap	2
7	Handle pluse plate 2	2
8	Screw ST3.5*25* $\Phi 7$	4
9	Handle pulse Wire	1
10	End cap $\Phi 12 \times 11 \times \Phi 3$	2
11	Bolt	4
12	Bolt M8*20*S5	6
13	Spring washer D8	6
14	Arc washer d8* $\Phi 20$	10
15	Trunk wire 1	1
16	Main Frame	1
17	Front bottom tube	1
18	End cap $\Phi 60.5$	4
19	Transportation Wheel	2
20	Bolt M8*73	4
21	Cap Nut M8*H16	4
22	Bolt	2
23	Washer d8* $\Phi 16 \times 1.5$	2
24	Nylon nut M8*H7.5*S13	3
25	Adjustable footpad $\phi 52 \times 18$	4
26	Nut M8*H5.5*S14	4
27	Pedal (L/R)	2
28	Rear bottom tube	1
28	Saddle	1
30	Saddle plate	1

#	DESCRIPTION	QTY
31	End cap PT60*20	2
32	Washer D12	1
33	Knob M12	1
34	Saddle tube	1
35	Knob M16	1
36	Bushing	1
37	Trunk wire 2	1
38	Adapter	1
39	Small cover $\Phi 25 \times 7$	2
40	Nut M10x1.25	2
41	Crank (L/R)	2
42	Crank cover (L/R)	2
43	End cap	4
44	Screw ST4.2*14	8
45	Chain cover (L/R)	2
46	Plastic column	6
47	Electric tension line	1
48	Washer D17	1
49	Bearing 6203	2
50	Belt 6PJ430	1
51	Belt plate $\Phi 260$	1
52	Wave washer D17	1
53	Spacer $\Phi 22 \times \Phi 18 \times 4$	1
54	Bolt M6*16	4
55	Spring washer D6	4
56	Nylon nut M6	4
57	Shaft	1
58	Round magnet	1
59	Sensor	1
60	Motor	1

# PARTS LIST



#	DESCRIPTION	QTY
61	Screw ST4.2*16	5
62	Nut M10*1	2
63	Chain screw	2
64	Nut M10*1*H5	1
65	Spacer $\Phi 15*\Phi 10.2$	1
66	Flywheel	1
67	Axle	1
68	Nut M10*1*H5	1
69	Washer D10*20*2.0	1
70	End cap	1
71	Bolt M6*16	2
72	Spring washer D6	2
73	Washer D12	2
74	Magnetic plate axle	1
75	Magnetic plate	1
76	Square magnet	7
77	Spring $\Phi 1.6*\Phi 14.5*61*N20$	1
78	Bolt M6*10	1
79	Washer D6* $\Phi 16$	1
80	Bearing 6001	2
81	Idler $\Phi 39*24$	1
82	Wave washer D12	1
83	Idler rod	1
84	Washer D12* $\phi 17*0.5$	1
85	Bolt M8*12	1
86	Spring $\Phi 2.0*\Phi 12.2*62*N20$	1
87	Power line	1
88	Bolt M6*45	1
89	Nut M6*H5	2
90	Washer D6	2

#	DESCRIPTION	QTY
91	Knob M8*30	1
92	Cover	1
93	Bottle holder	1
94	Bolt M5*10 $\phi 10$	2
A	Spanner S5	1
B	Wrench S13-14-15	1

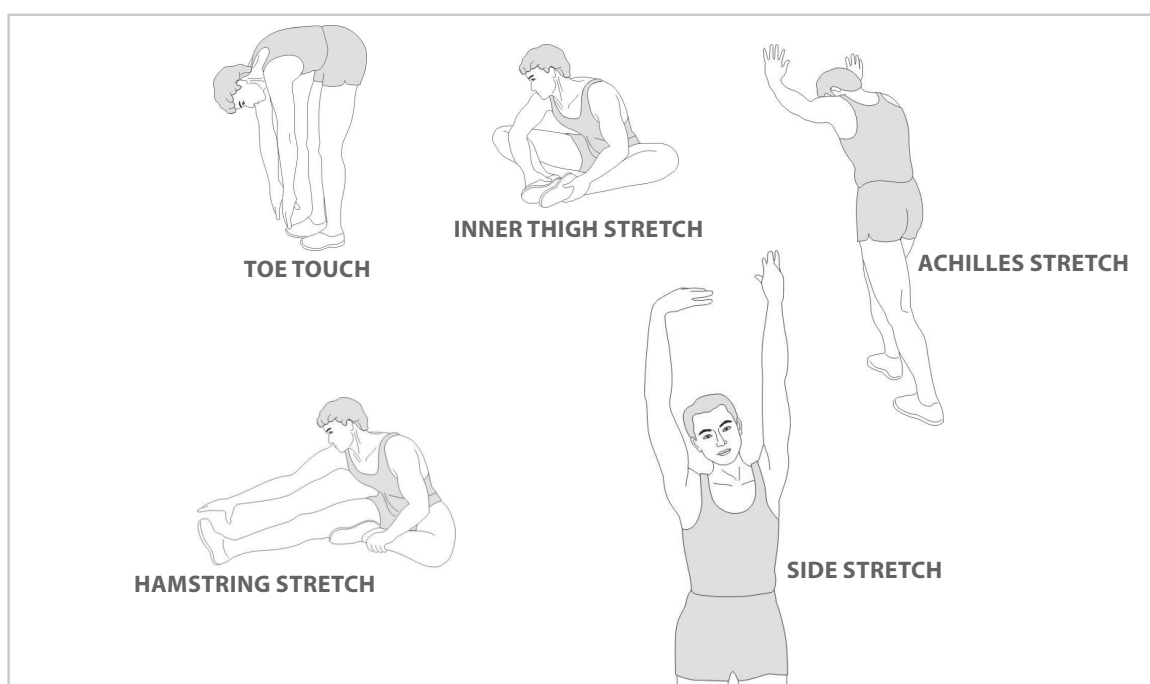
***A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.***

## 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.*