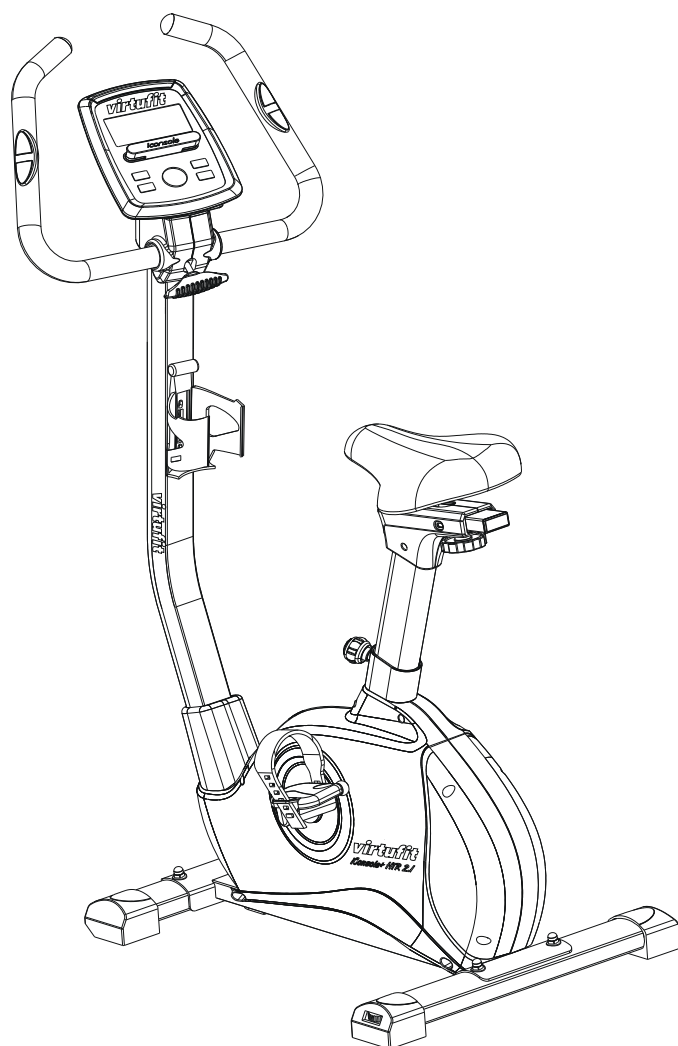


virtuafit

Hometrainer iConsole HTR 2.1

Owners manual



For questions or missing parts, please contact Fitness Benelux:



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7553 LZ Hengelo
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E service@fitnessbenelux.nl
W www.fitnessbenelux.nl

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Training Instruction	25

Before you start training on your hometrainer, please read the instructions carefully. Be sure to keep the instructions for information, in case of repair and for spare part delivery.

This hometrainer is made for home use only and tested up to a maximum body weight of 150 kg.

Follow the steps of the assembly instructions carefully.

For assembly use only suitable tools and ask for assistance with assembly if necessary.

Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition. Replace broken components immediately and/ or keep the equipment out of use until repair. For repairs, use only original parts.

In case of repair, please ask your dealer for advice.

Avoid the use of aggressive detergents when cleaning the home exerciser.

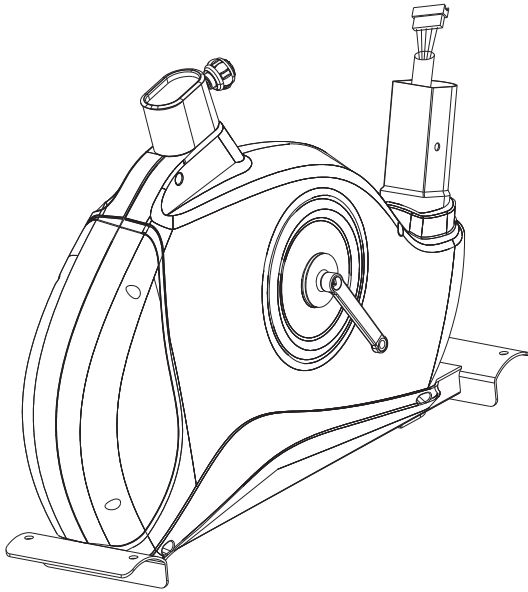
Ensure that training starts only after correct assembly and inspection of the item.

For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to. The hometrainer is designed for adults. Please ensure that children use it only under the supervision of an adult.

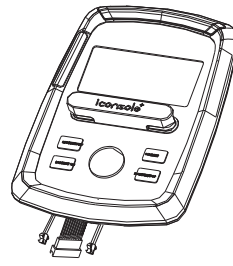
Ensure that those present are aware of possible hazards, e.g. movable parts during training.

Consult your physician before starting with any exercise program. He or she can advise on the kind of training and which impact is suitable.

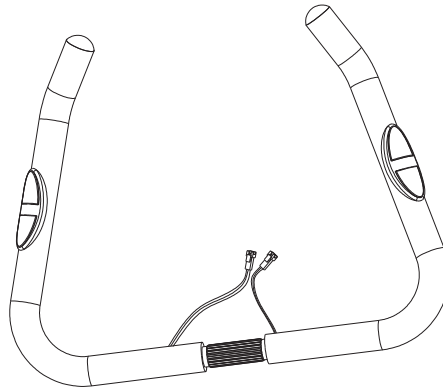
CHECK LIST (contents of packaging)



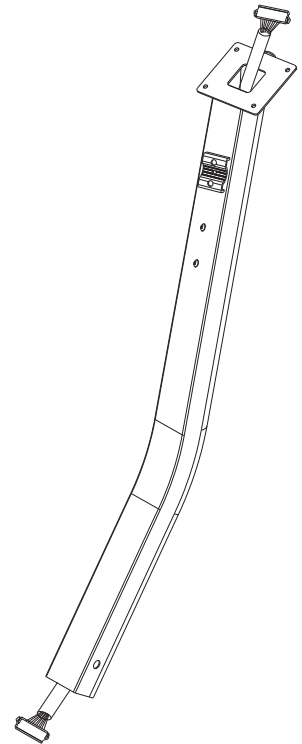
Main frame



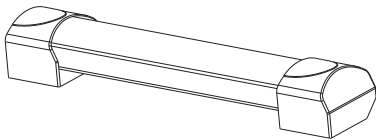
Computer



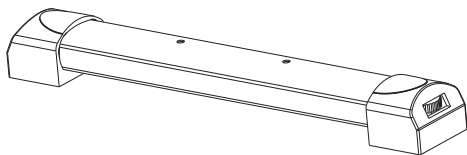
Handlebar



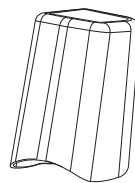
Handlebar Post



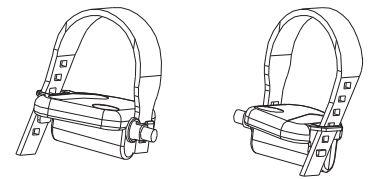
Front Stabilizer



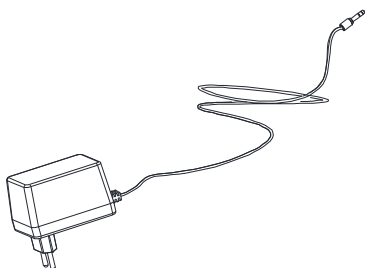
Rear stabilizer



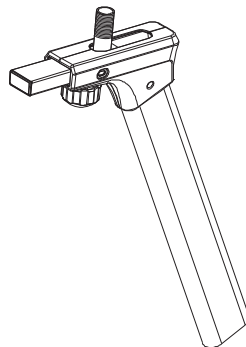
Plastic cover



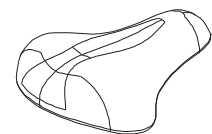
Pedal (Left)
Pedal (Right)



Adapter

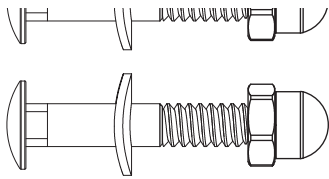


Seat post

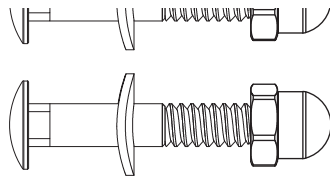


Saddle

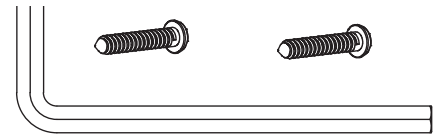
TOOL KIT



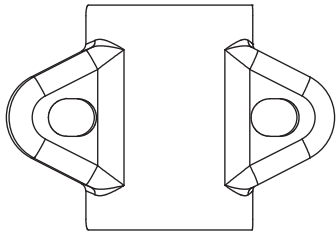
NO 63x4



NO 64*4



NO 94



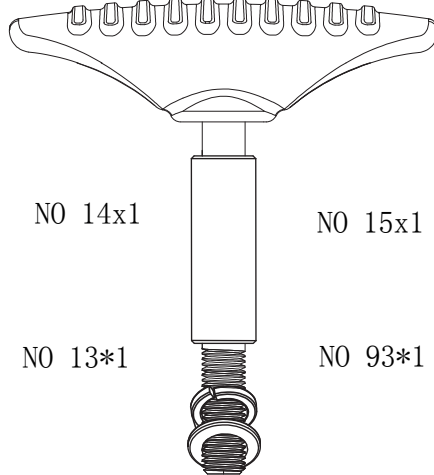
NO 11*1



NO 12*1



NO 14*1

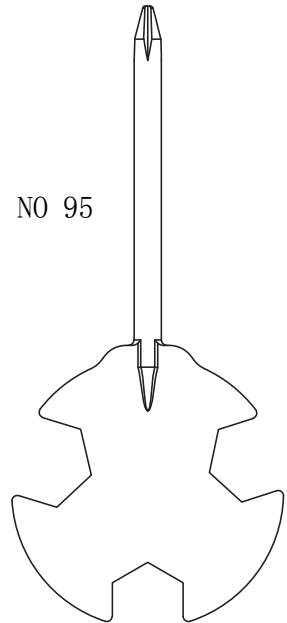


NO 14x1

NO 15x1

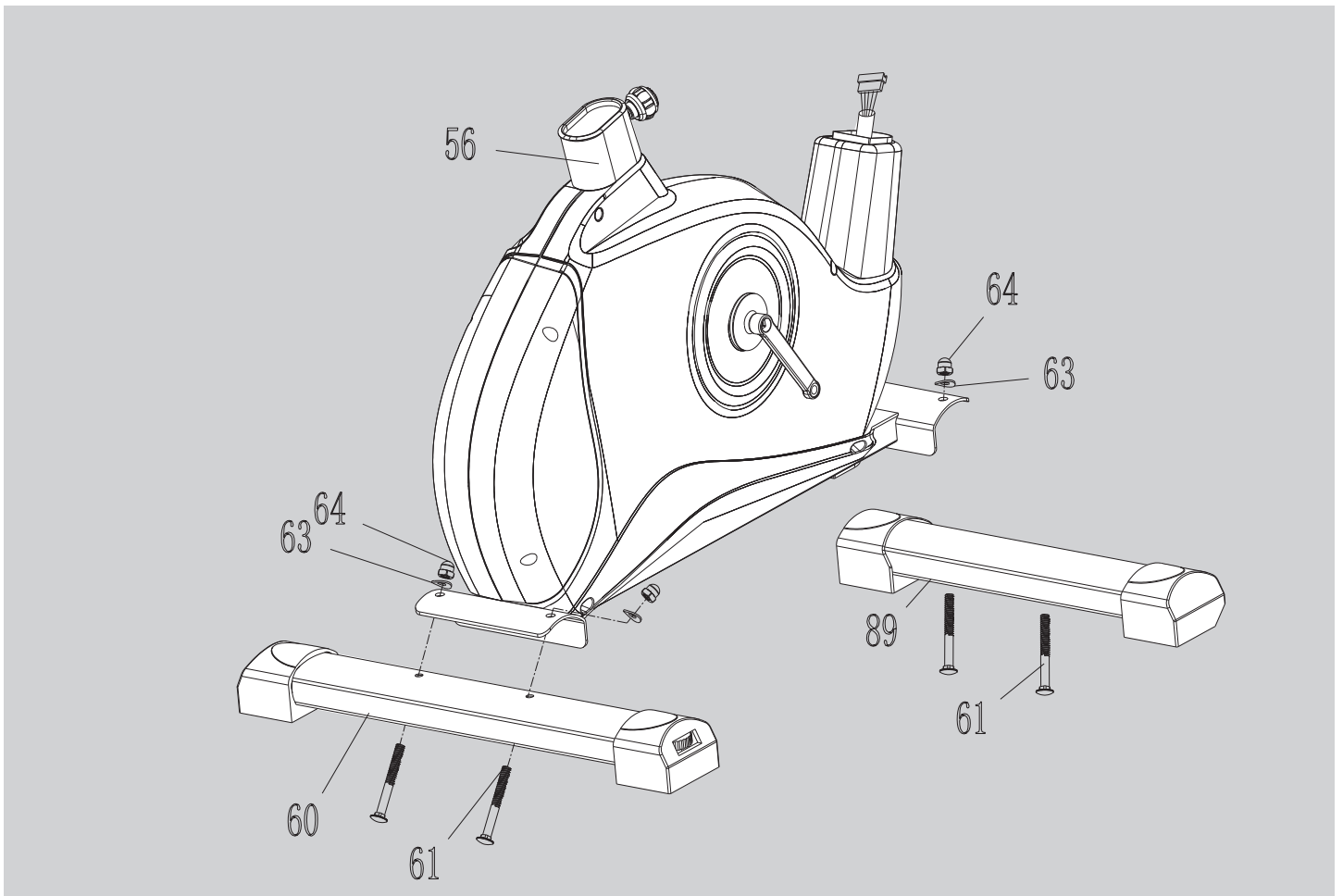
NO 13*1

NO 93*1



NO 95

STEP 1

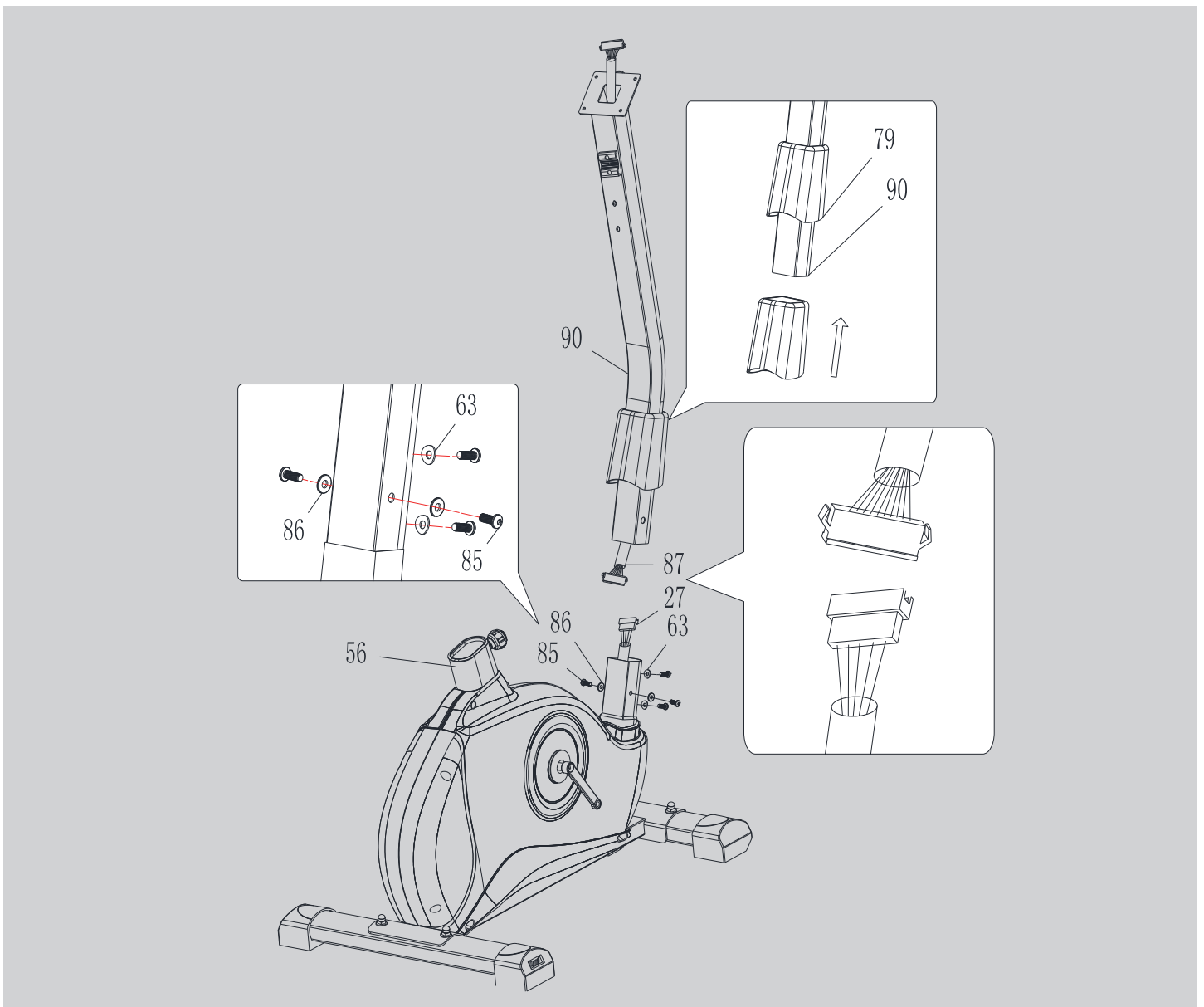


I. Attach the Front Stabilizer (89) onto the Main Frame (56) with 2×M8 Screws (61), Curved washer (63) and Cap nut (64) .Tighten fully.

II. Attach the Rear Stabilizer (60) onto the Main frame (56) with 2×M8 Screws (61). Curved washer (63) and Cap nut (64) Tighten fully.

Note: You can adjust the Rear End Cap to keep the hometrainer stable.

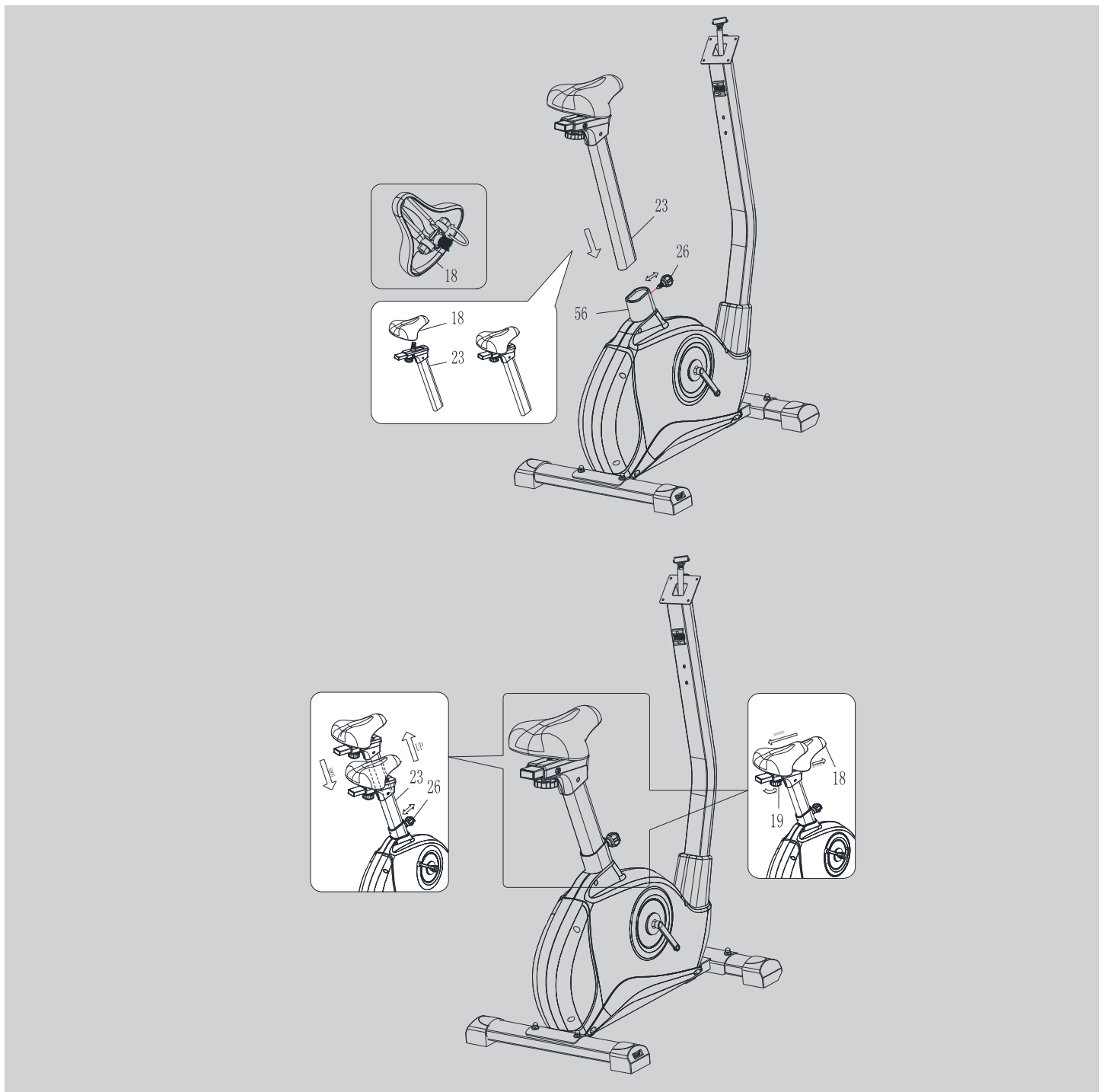
STEP 2



I. Carefully lift the Handlebar Post (90) until it is vertical. And slide onto the plastic cover (79). Connect the upper Tension Cable (87) and Lower Tension Cable (27)

II. Attach the Handlebar Post (90) onto the Main Frame (56) with 4×M8×20mm Anti-loose Allen Bolt (85), 2×M8 curved Washers (86) and 2×M8 flat Washers (63).

STEP 3

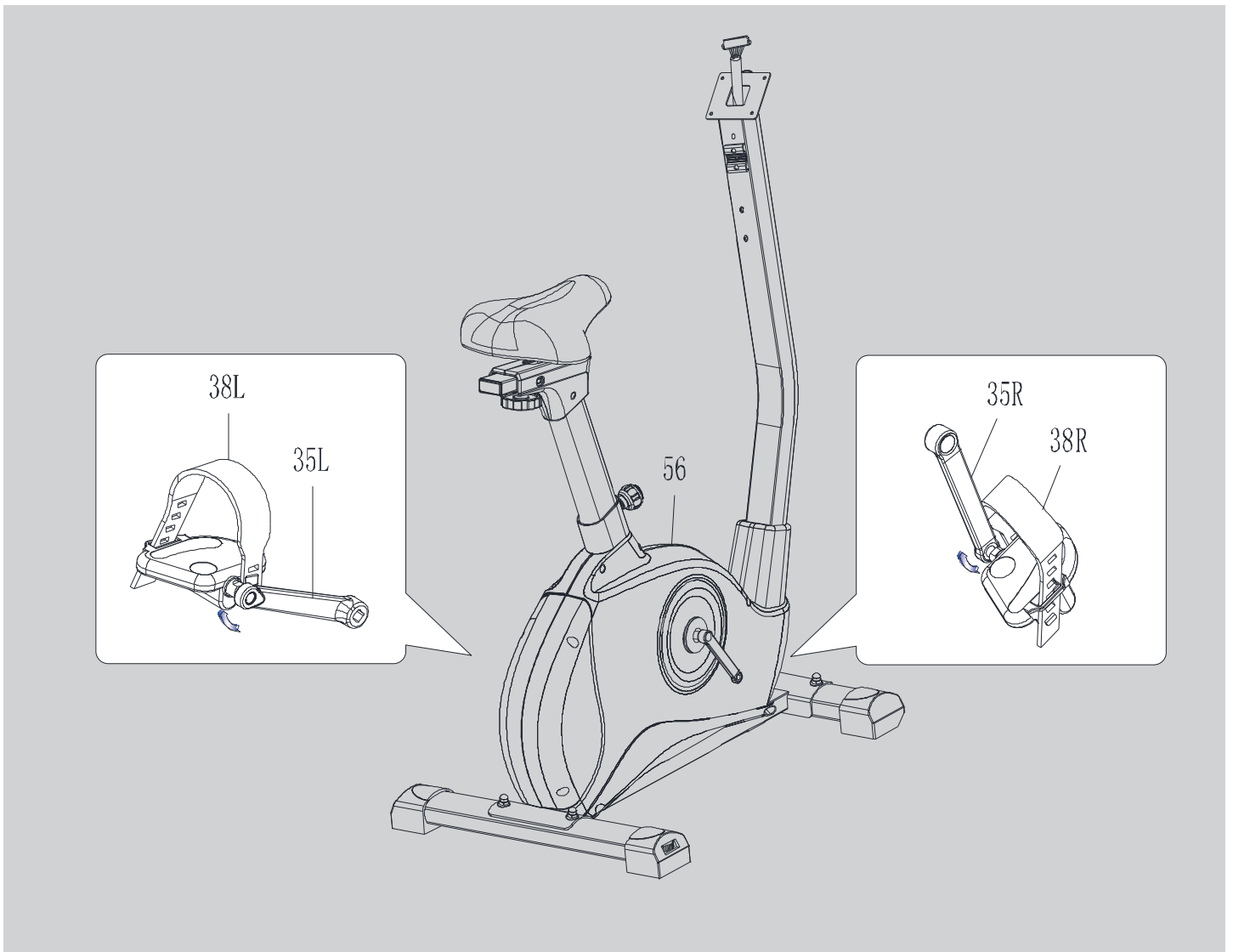


Assemble the saddle (18) to the adjustable seat post (23). Place the Seat Post (23) into the Main Frame (56), set it at the desired position and lock it by inserting the bolt with the Quick Release (26) in place and tighten fully. The saddle can be adjusted forward and backward by turning the knob (19)

The setting of the seat post can be adjusted easily as desired later through turning and pulling the quick release (26).

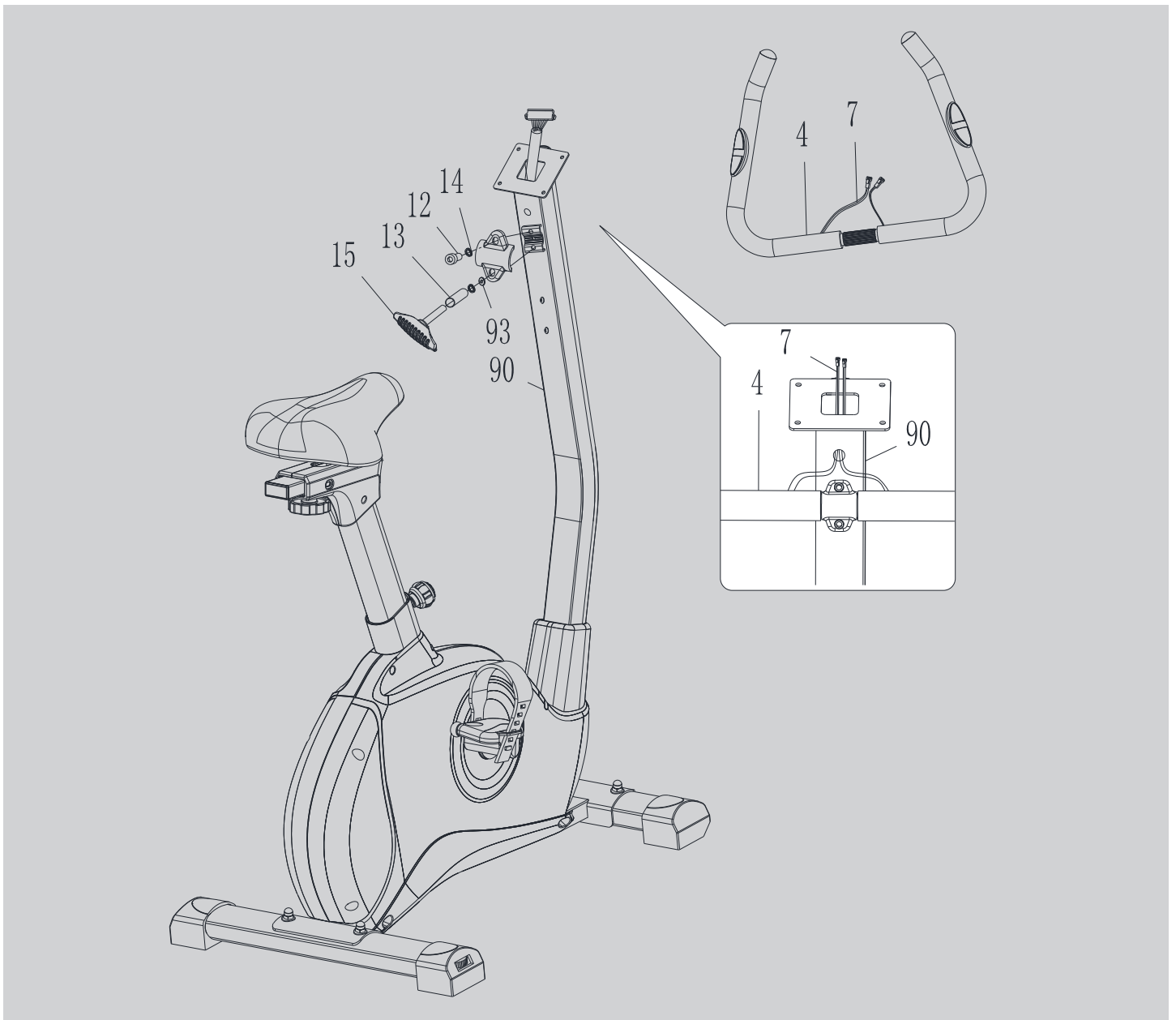
Furthermore, you must ensure when setting this desired position that the seat pillar is not pulled out of the main frame further than the highest setting position, which is marked.

STEP 4



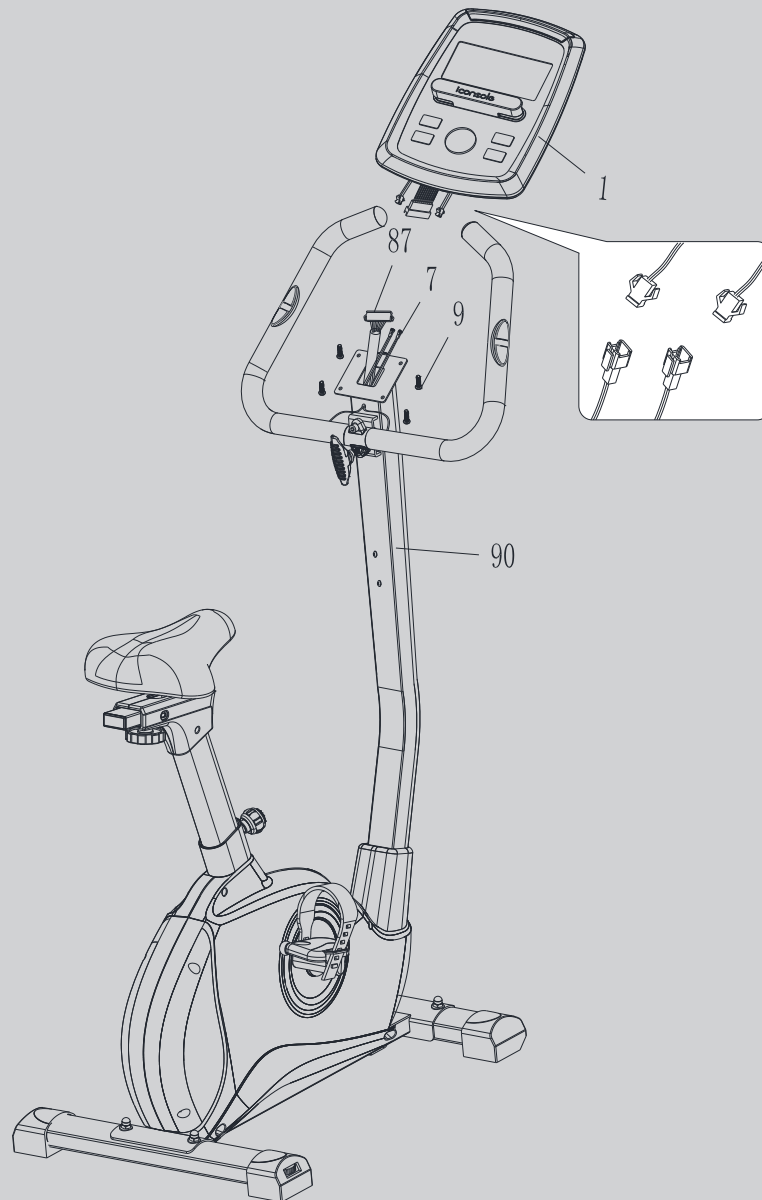
Assemble the pedals (38L+R) to the crank (35L+R).

STEP 5



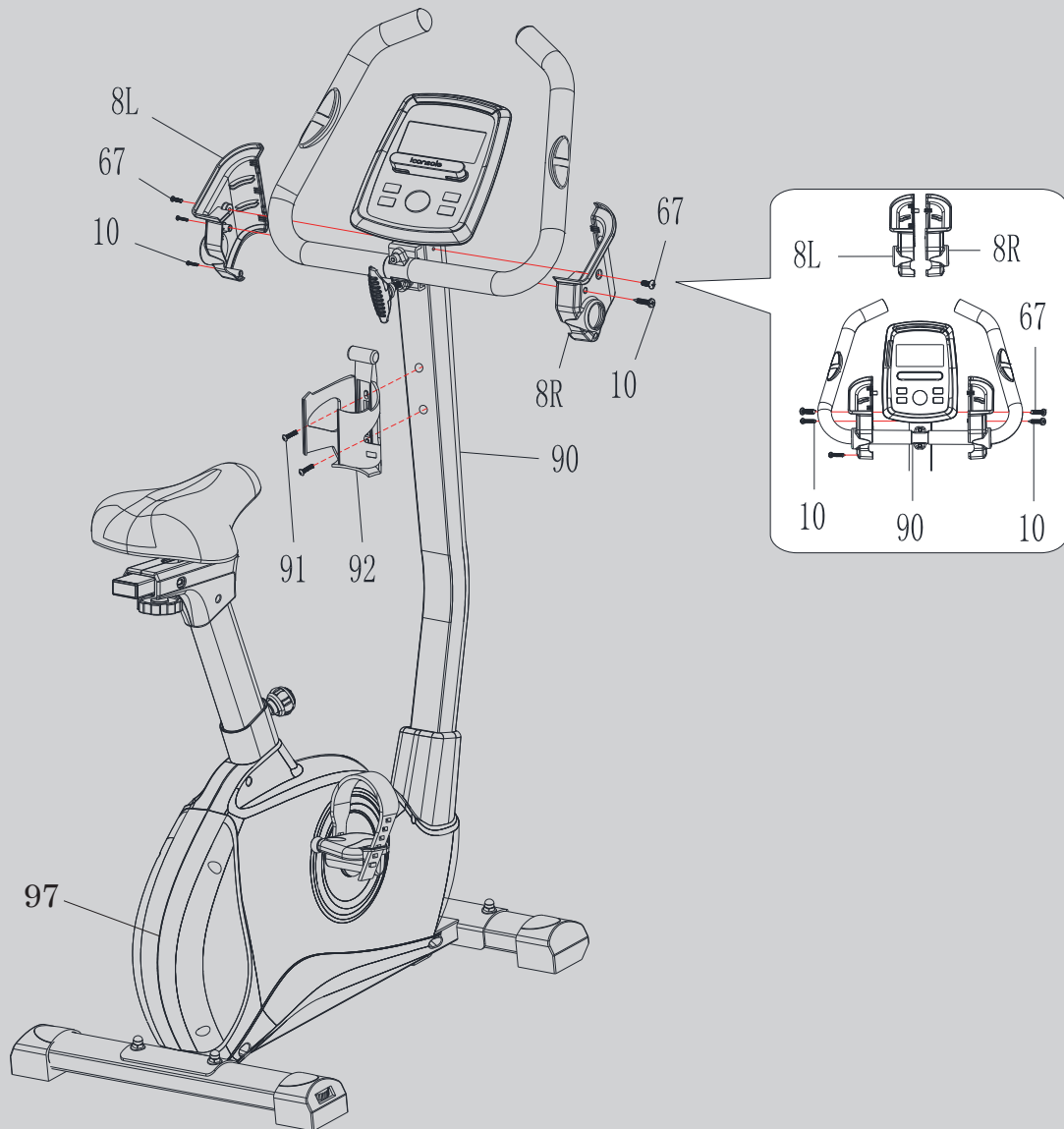
Attach the Handlebar (4) onto the Handlebar Post (90) with Washer (96), Spring washer (93), Tube Spacer (14), Plastic Cover (12) and Knob (15). Also tighten the Spring Washer (14) and Round head hex screw (12) Hand Pulse Cable over the Computer Bracket. Tighten fully.

STEP 6

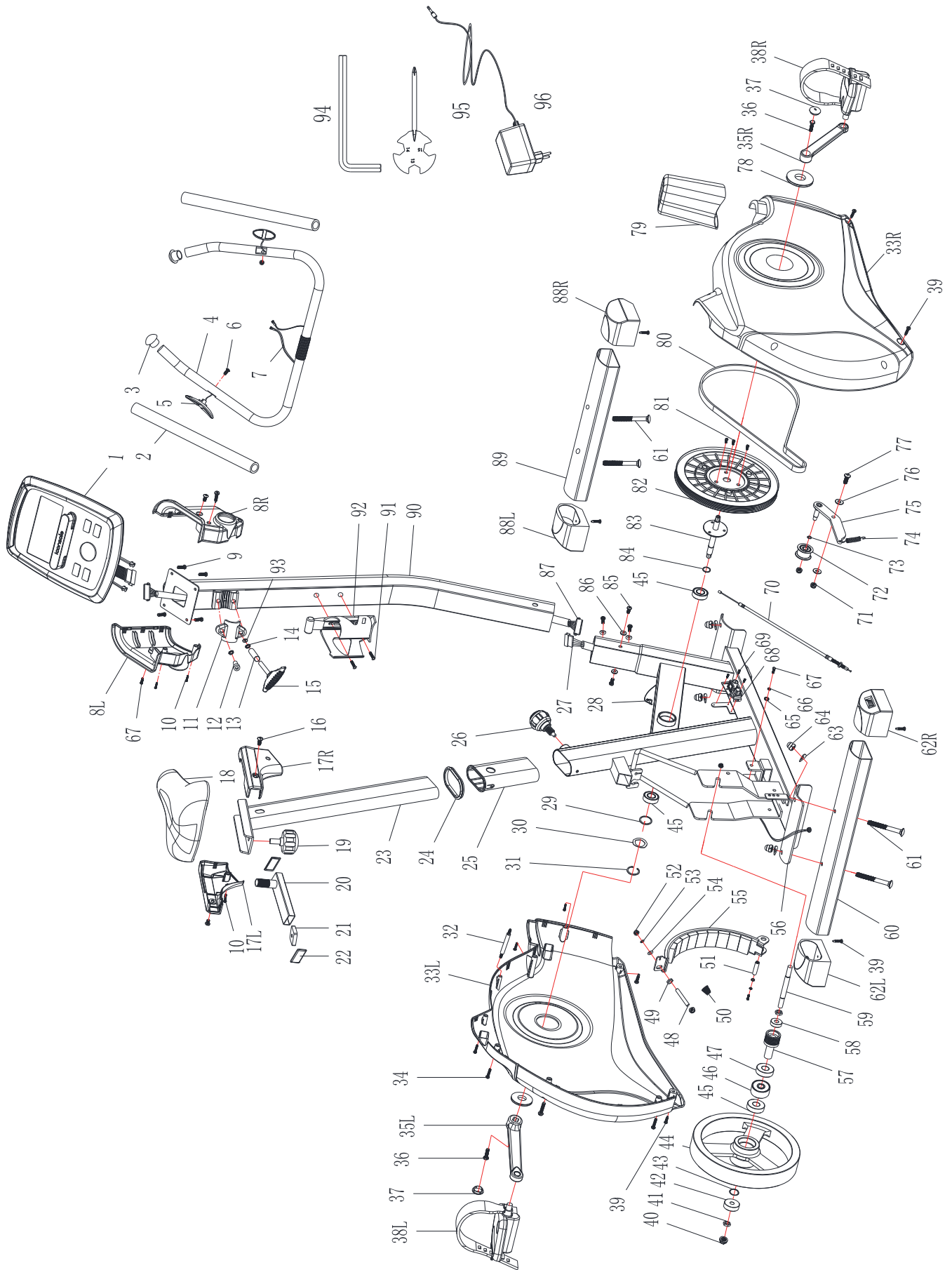


Remove the 4 pre-fitted screws (9) from the back of the computer. Connect the computer link cable and the computer (1). Sit the computer (1) onto its bracket and secure in place using the 4x screws (9) previously removed. Insert the plug of hand pulse cable (7) to the jack of the computer (1) backside.

STEP 7



Attach the computer bracket (8L+R) onto the Main Post (90) using screws (67) and self-tapping screws (10). Attach the box holder(92) onto the Main Post (90) using screws (91). Connect the adapter, the adapter input (97) is on the back of the device.

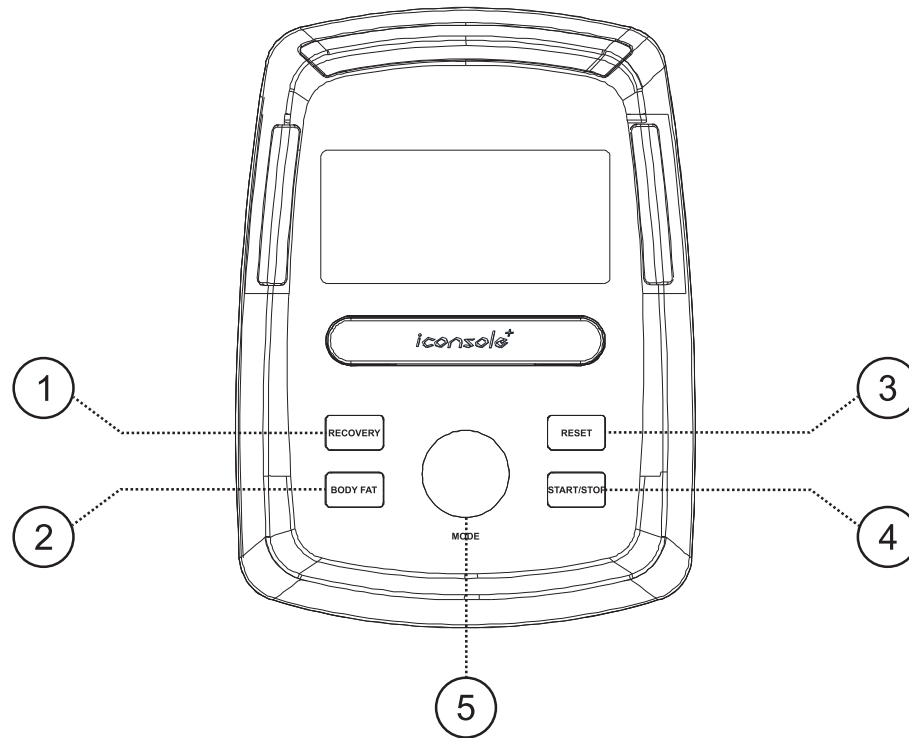


Part	Description	Quantity
1	Computer	1
2	Sponge Foam	2
3	End cup	2
4	Handlebar	1
5	Hand pulse pads	2
6	Self-tapping screw	2
7	Hand pulse cable	2
8L	5204 computerbracket L	1
8R	5204 computerbracket R	1
9	Screw	4
10	Self-tapping screw	4
11	End cap	1
12	Screw	1
13	Tube spacer	1
14	Washer	2
15	T shpar knob	1
16	Screw	2
17L	seat post plastic cover L	1
17R	seat post plastic cover R	1
18	Saddle	1
19	Round head hex screw	1
20	Slide tube	1
21	Slide tube hold-down nut	1
22	Square tube end cap	2
23	Seat post	1
24	Gasket ring	1
25	Ellipse bushing	1
26	Knob	1
27	Upper computer cable	1
28	Sensor	1
29	Flat washer	1
30	Curved washer	1
31	C shaped knob	1
32	Joint lever	1
33L	5204 Chain Cover(L)	1
33R	5204 Chain Cover(R)	1
34	Self-tapping screw	5
35L	Crank L	1
35R	Crank R	1
36	Screw	2
37	Crank end cup	2
38L	Pedal L	1
38R	Pedal R	1

Part	Description	Quantity
39	Screw	8
40	Nut	2
41	Hex Nut	2
42	Bearing 6300RS	2
43	Flat Washer	1
44	Magnet flywhele	1
45	Bearing 6003RS	3
46	Bearing	1
47	Bearing 6003RS	1
48	Bushing	1
49	Hex Nut	1
50	Spring	1
51	Idler axle	1
52	Cap nut	2
53	Flat Washer	1
54	Plastic Washer	1
55	Flywheel Frame	1
56	Frame	1
57	wheels	1
58	Bearing	1
59	Magnet flywheelarbar	1
60	Rear stabilizer	1
61	Screw	4
62L	Pedal L	1
62R	Pedal R	1
63	Waved washer	6
64	Cap nut	4
65	Flat Washer	2
66	Spring washer	2
67	Screw	2
68	Motor	1
69	Screw	6
70	Wire	1
71	Nut	1
72	Idler	1
73	Curved washer	2
74	Spring	1
75	Idler axle	1
76	Flat washer	2
77	Anti-loose Allen Bolt	1
78	Crank tapped hole	2
79	Main post plastic cover	1
80	Belt	1

Part	Description	Quantity
81	Anti-loose Allen Screw	3
82	φ 240 belt wheel	1
83	Pedal Axle	1
84	Washer	2
85	Screw	4
86	Flat Washer	4
87	Upper sensor cable	1
88L	Front end cap L	1
88R	Front end cap R	1
89	Front stabilizer	1
90	Main post	1
91	Screw	2
92	Bottle cage	1
93	Flat Washer	1
94	Allen Key	1
95	Wrench	1
96	Adapter	1

KEY FUNCTION



1. Recovery

Test heart rate recovery status.

2. Body fat

Test body fat% and BMI.

3. Reset

- Hold on pressing for 2 seconds, computer will reboot and start from user setting.
- Reverse to main menu during presetting workout value or stop mode.

4. Start/ Stop

Start or Stop workout.

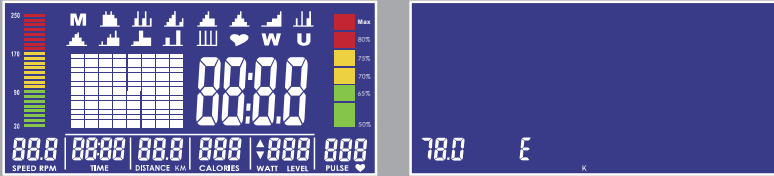
5. Encoder

- Increase / Decrease Value.
- Confirm / Setting selection.

DISPLAY FUNCTIONS

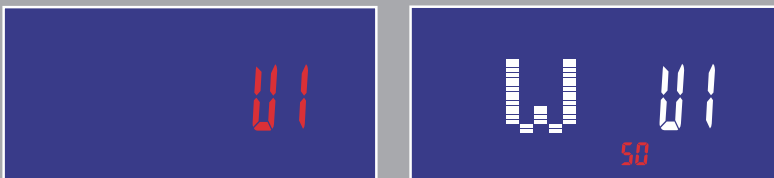
TIME	Workout time displayed during exercise. Range 0:00 ~ 99:59
SPEED	Workout speed displayed during exercise. Range 0.0 ~ 99.9
DISTANCE	Workout distance displayed during exercise. Range 0.0 ~ 99.9
CALORIES	Burned calories during workout display. Range 0 ~ 999
PULSE	Pulse bpm displayed during exercise. Pulse alarm when over preset target pulse.
RPM	Rotation per minute Range 0 ~ 999
WATT	Workout power consumption In Watt Program mode, computer will remain preset watt value (setting range 0~350)
MANUAL	Manual mode workout.
PROGRAM	12 PROGRAM selections.
USER	User creates resistance level profile.
H.R.C.	Target HR training mode.
RECOVERY	Heart rate recovery status
BODY FAT	Body fat measurement.
WATTS	Workout power consumption. Range 10 ~ 350.

OPERATION

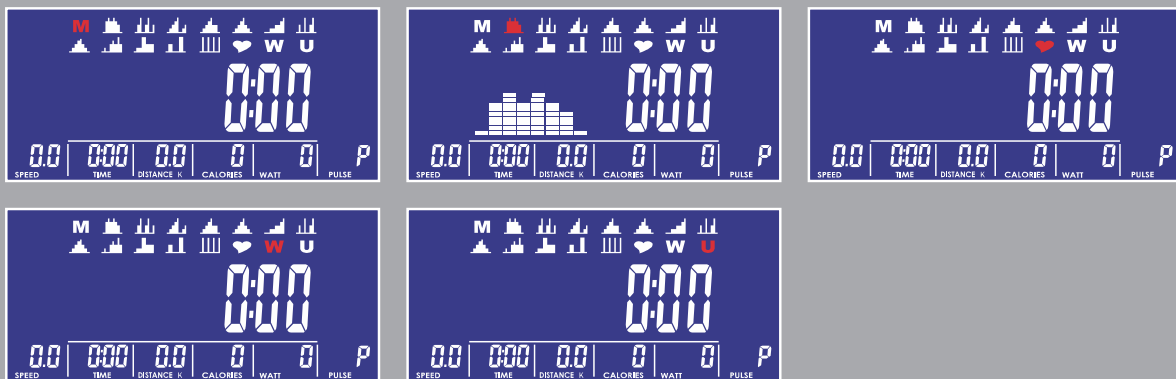


1. Plug in power supply (or Holding press RESET KEY for 2 seconds), buzzer would make a sound and display all segments on LCD for 2 seconds.

Then wheel diameter value would display in SPEED area and European specification would display "E" or Asian Specification would display "A" in the TIME area & KM (K) / ML (M) DISTANCE text would display on the right. Then entering the setting mode, regardless where the motor's level is, it has to reverse and turns into zero and then go to LOAD = 1, wait for each setting.

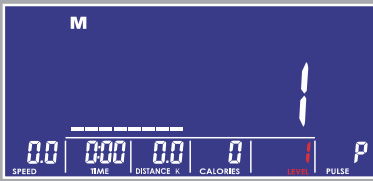


2. Turning and pressing encoder can enter USER setting (with BODY FAT function), setting personal date in U1~U4. Then entering work out section.

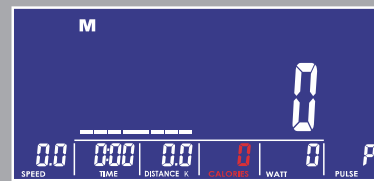


3. Turning and pressing encoder can enter Entering setting mode, the M (Manual) would flash in the matrix display with 1HZ. Turning the encoder can choose M(Manual), P(Program), ♥ (H.R.C.), W(Watt), U(User) cyclically.

OPERATION



4-1



4-2

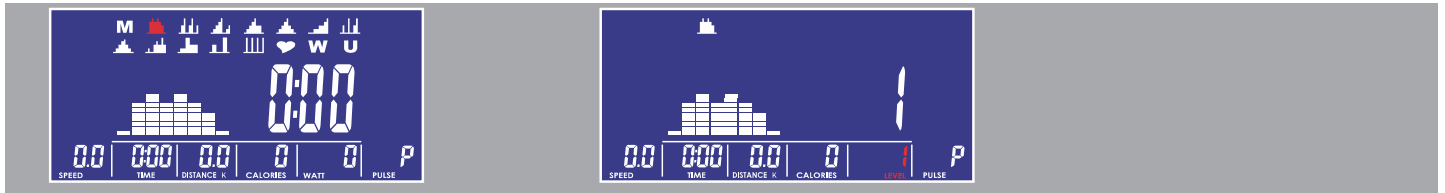


4-3

4. Manual Mode

- (1) Turning and pressing encoder can adjust the LEVEL value which would flash until setting down. The default value is LEVEL 1. (see fig. 4-1)
- (2) The value is not running cyclically as adjusting.
- (3) After START user still can adjust MANUAL LEVEL and matrix display LEVEL and value. In three seconds without any entry then would display WATT value.
- (4) Turning and pressing encoder can adjust other values (as TIME, DISTANCE, CALORIES, PULSE) those values would run cyclically. (see fig. 4-2)
- (5) After START only can operate the function. RPM BAR and PULSE BAR values would change. Pressing STOP KEY could stop and all values would remain (HR signal would not effect). Pressing RESET KEY could return to PROGRAM SELECT. (see fig. 4-3)

OPERATION

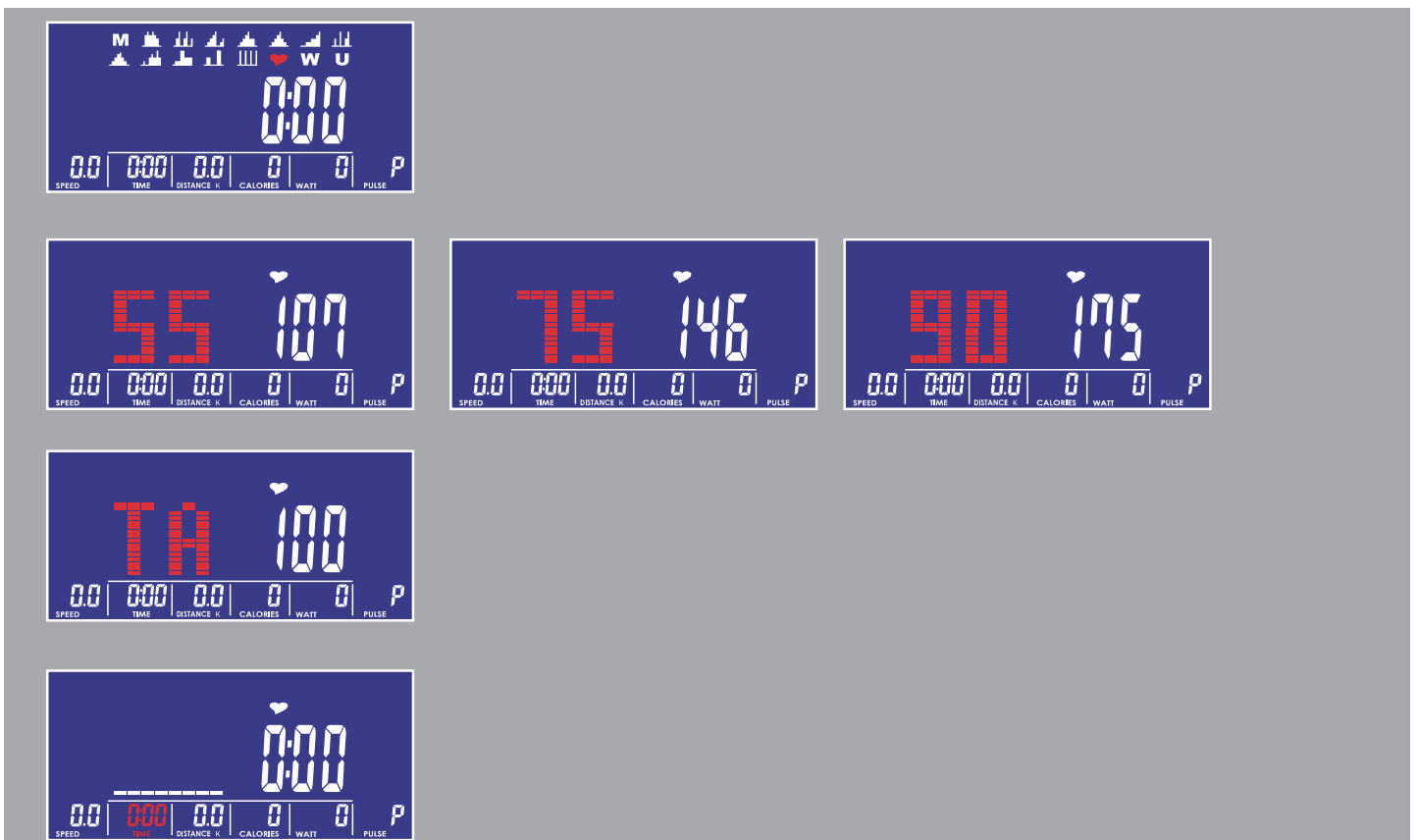


5. Program Mode

(1) Turning and pressing encoder can selecting P01,P02,P03,P04.....,P12 in PROGRAM MODE. The PROGRAM figure would flash until setting down.

(2) The PROGRAM figures would display differently as selecting.

(3) After setting TIME pressing START KEY to start program. After START user still can adjust LEVEL and matrix display LEVEL and value. In three seconds without any entry then would display WATT value.



6. H.R.C Mode

(1) User can select 55%, 75%, 90% and TARGET value by turning and pressing encoder to confirm. During selecting the default value, which is calculated by age, would flash.

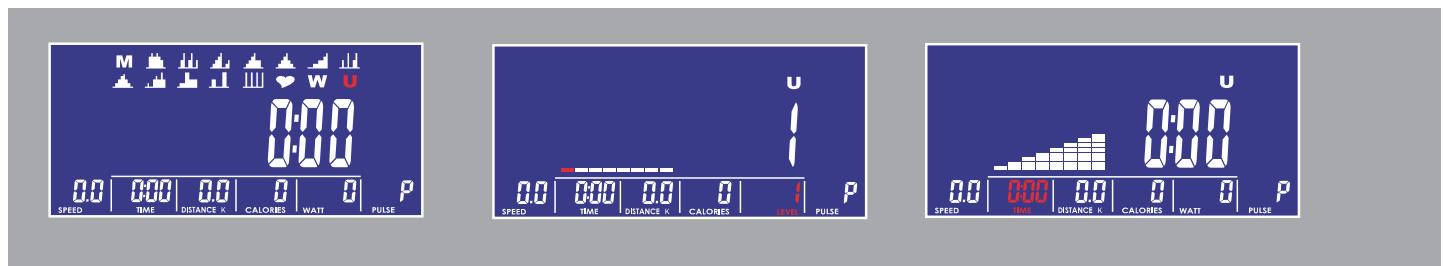
(2) After setting TIME pressing START KEY to start program.

OPERATION



7. WATT mode

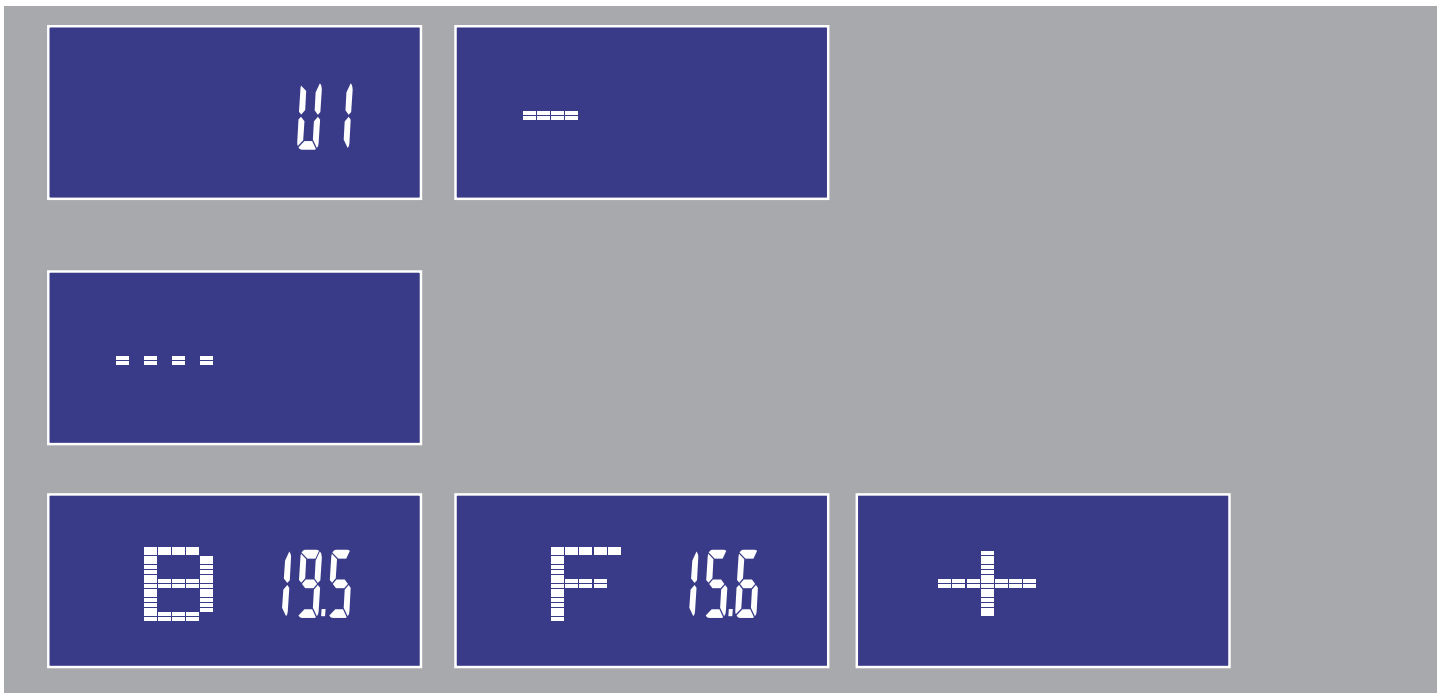
- (1) WATT target. (default: 120)
- (2) Turning and pressing encoder can adjusting WATT value.
- (3) Then after START user still can exercise by setting WATT LEVEL and would adjust automatically. (4) After START user still can adjust WATT value.



8. User Program Mode

- (1) Automatically loaded the U1-U4.
- (2) Turning and pressing encoder user can set the program (the 8 LEVEL values) that each would flash until setting down. If user wants to stop setting, pressing encoder for 2 seconds, then the value would be the same as last setting.

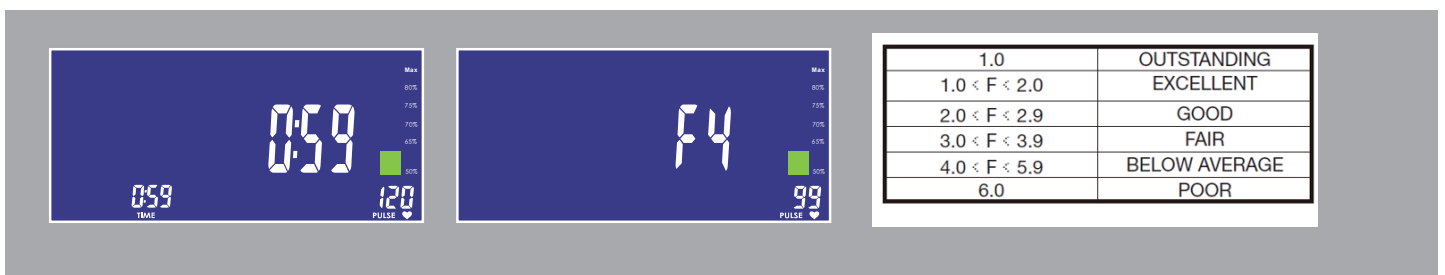
OPERATION



9. Body Fat Mode

(1) During STOP pressing FAT KEY can operate fat measurement. Then entering U1-U4 for 2 seconds. (2) After receiving HR signal would start operating.

(3) After 8 seconds would display BMI, FAT%, fat or skin icons.



10. Recovery Mode

During START or STOP input the HR signal and display the value, then pressing the RECOVERY KEY to operate.

The matrix only displaying time and pulse. Time would count down from 60 seconds and the pulse shows the real HR value. During or end testing pressing RECOVERY KEY to back to last display. And after testing continue display real HR value.



Download iConsole+ app in App Store or Google Play.

Turn on Bluetooth on tablet or smartphone, search for console device and press Connect. Turn on iConsole+ app on tablet or smart phone, and press connect to start workout with tablet. (password: 0000)

NOTE:

1. Once console is connect to tablet or smart phone, the console will power off.
2. Please exit iConsole app and turn off the Bluetooth, then the console will power on again.

Support iOS devices:

iPod Touch (5th generation), iPod Touch (4th generation), iPod Touch (3rd generation), iPhone 6+,

iPhone 6, iPhone 5S, iPhone 5, iPhone 4S, iPhone 4, iPhone 3GS, iPad Air2, iPad Air, iPad 4, iPad 3, iPad 2 iPad, iPad Min3, iPad Min2, iPad Min

Support iOS 5.1.1 or above

“Made for iPod,” “Made for iPhone,” and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.

Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

Support Android devices:

Android tablet OS 4.02 or above

Android tablet resolution 1280X752 pixels

Android phone OS 2.2 or above

Android phone resolution 800X1280 pixels

720X1280 pixels 480X800 pixels

NOTE:

Android is available in English, German, Traditional Chinese, Simplified Chinese.

iOS is available in English, Simplified Chinese. The users can select their prefer language under those options, otherwise all others would display in English.

FAT BURNING

The body start to burn fat at approximate 65% of the maximum pulse rate.

To reach an optimum at burning rate, it is advisable to keep the pulse rate between 70%- 80% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:

One 52 years of age to start exercising. Max rate = $220 - 52(\text{age}) = 168$ pulse/min.

Min rate = $168 * 0.7 = 117$ pulse/min.

Highest rate = $168 * 0.85 = 143$ pulse/min.

During the first weeks it is recommended to start with a pulse rate of 117, afterwards increase it to 143. With increasing improvement of fitness, the training intensity should be increased to 70%- 85% of your maximum pulse rate.

This can be done by increasing the pedaling resistance, by suing a higher paddling frequency or with longer training periods.

AGE	FC MAX	60% MAX	65% MAX	70% MAX	75% MAX	80% MAX	85% MAX
20	200	120	130	140	150	160	170
25	195	117	127	137	146	156	166
30	190	114	124	133	143	152	162
35	185	111	120	130	139	148	157
40	180	108	117	126	135	144	153
45	175	105	114	123	131	140	149
50	170	102	111	119	128	136	145
55	165	99	107	116	124	132	140
60	160	96	104	112	120	128	136
65	155	93	101	109	116	124	132
70	150	90	98	105	113	110	128



SUCCESS

Even after a short period of regular exercises you will realize that you constantly have to increase the pedaling resistance to reach your optimum pulse rate.

The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement you should motivate yourself to exercise regularly. Choose fixed hours for your work out and do not start training too aggressively.

And old saying amongst sportsmen says:

“The most difficult thing about training is to start it.” Wishing you lots of fun and success with your exerciser.

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