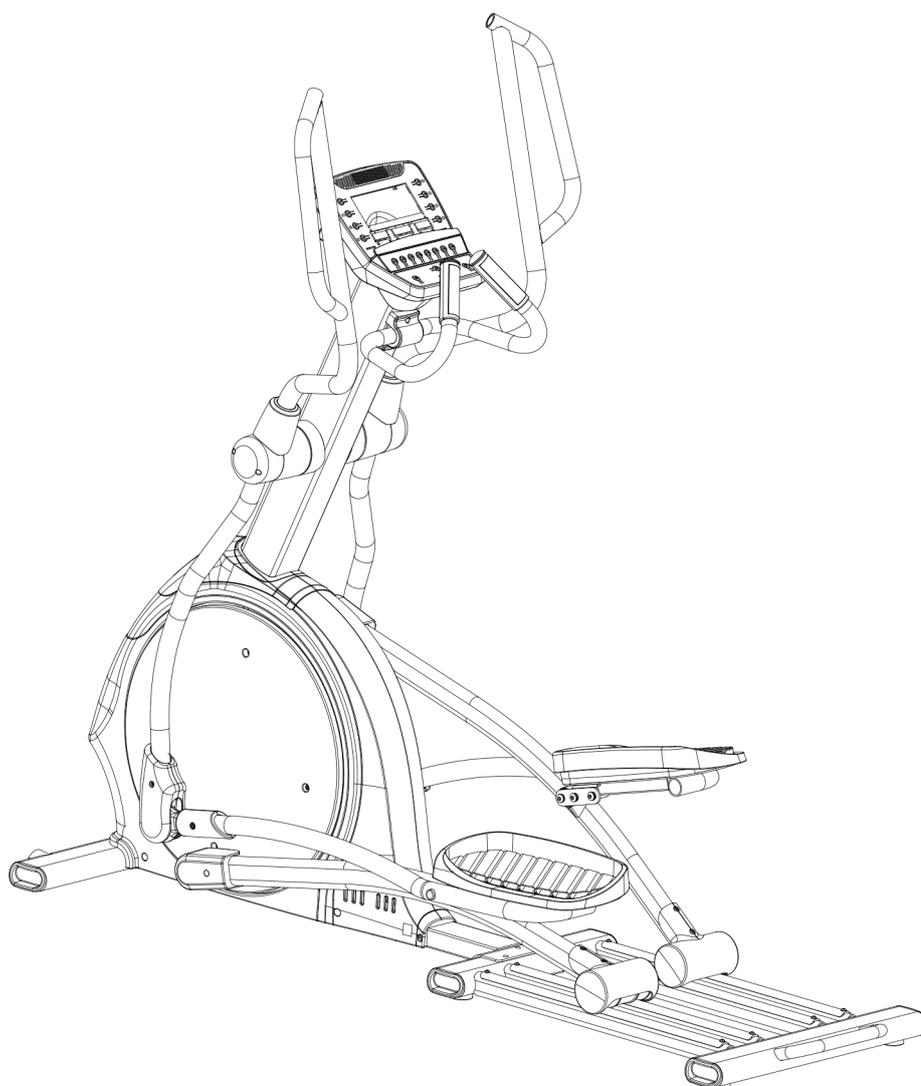


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Elite FDR 2.5i Semi-Pro Crosstrainer

User Manual



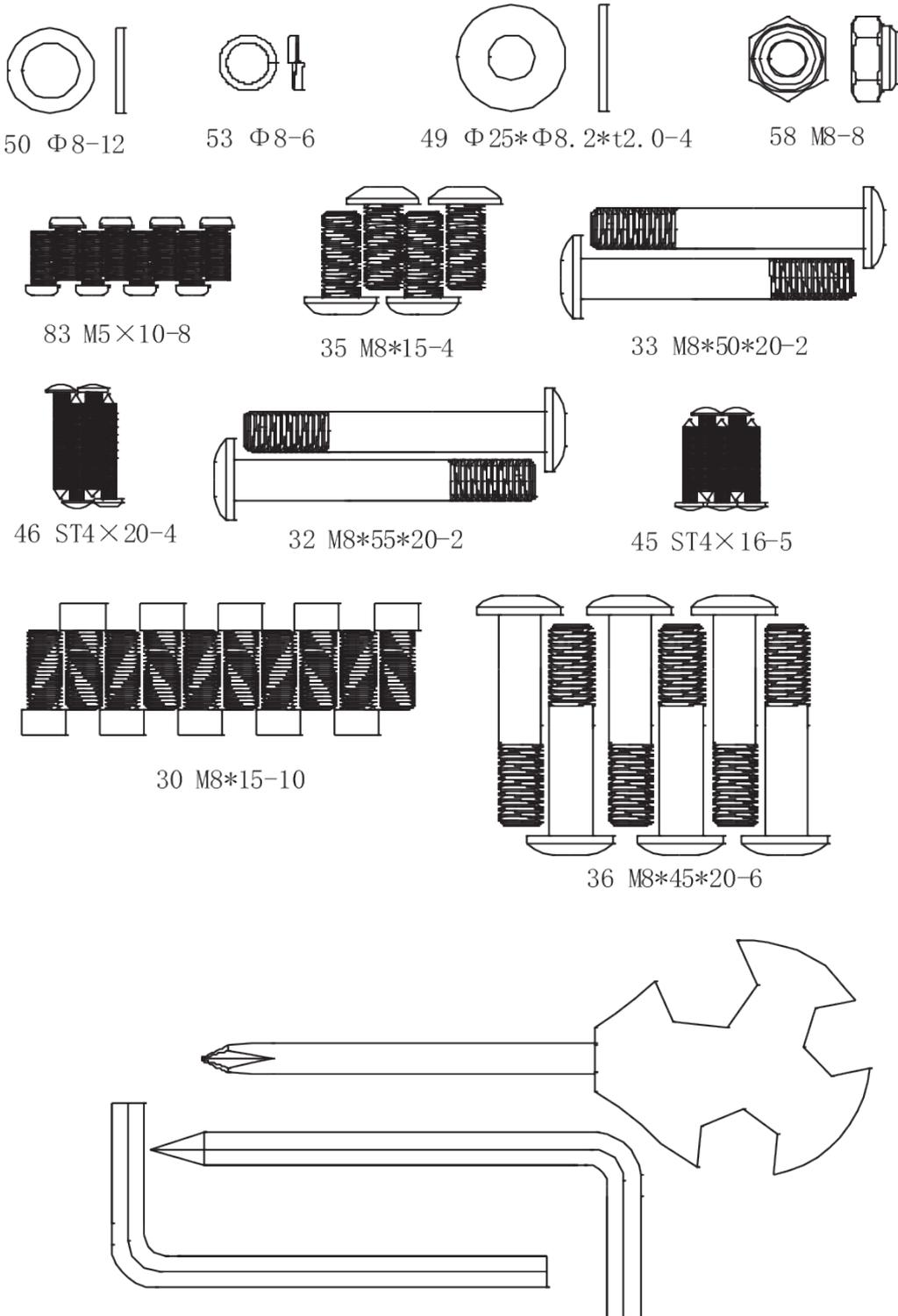
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WARNING: BEFORE YOU BEGIN YOUR WORKOUT, WE RECOMMEND THAT YOU FIRST CONTACT YOUR HEALTH SPECIALIST, ESPECIALLY FOR PEOPLE OVER 35 OR PEOPLE WHO ALREADY SUFFER FROM HEALTH PROBLEMS. WE ARE NOT LIABLE FOR ACCIDENTS IF YOU DO NOT FOLLOW OUR INSTRUCTIONS.

ATTENTION

- The crosstrainer is only made for home use and is suitable for users up to 165kg.
- Carefully follow the steps of assembly.
- Use only original parts that are supplied.
- After delivery, check everything with the parts list before you start assembling.
- Only use suitable tools for assembly and ask for help where necessary.
- Place the crosstrainer on a flat surface and a stiff surface. Use in damp rooms is not recommended.
- Check all parts for tightness before you train for the first time. We also recommend checking the parts every month. Replace broken parts immediately and do not use the cross trainer if you have not yet replaced the part. Only use original spare parts for repair. Ask your dealer for advice on repairs.
- Avoid using aggressive cleaning agents when cleaning the crosstrainer.
- Start training only after the cross trainer has been fully assembled and checked.
- Be aware that all adjustable parts have a maximum number of settings to which they can be adjusted.
- The crosstrainer is made for adults. Make sure that children only use it when accompanied by an adult.
- Inform users of potential danger, watch out for moving parts during use.
- Warning: improper / excessive training can cause injuries.

E20



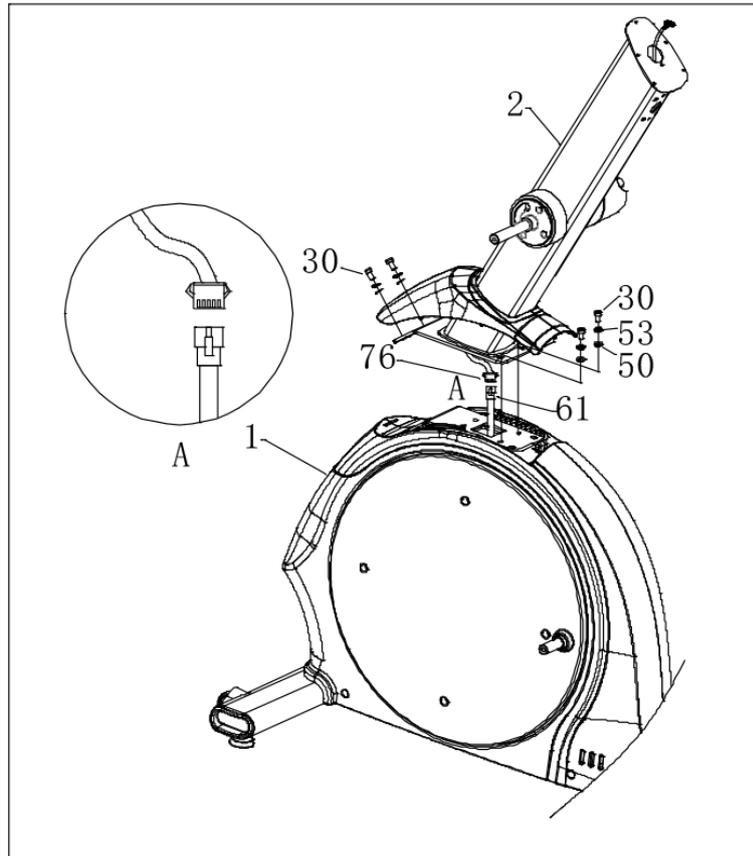
Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the device yourself. Some parts (bolts, screws, etc.) are already attached to / in the device.

Error message: Make sure that all cables are carefully attached. The aluminum legs are very sensitive and should remain straight. Do you get an error message after the installation of your cross trainer? Then you should bend these aluminum feet straight again, this may cause the error message to disappear.

Transport wheels: Make sure that the transport wheels are attached to the front of the device.

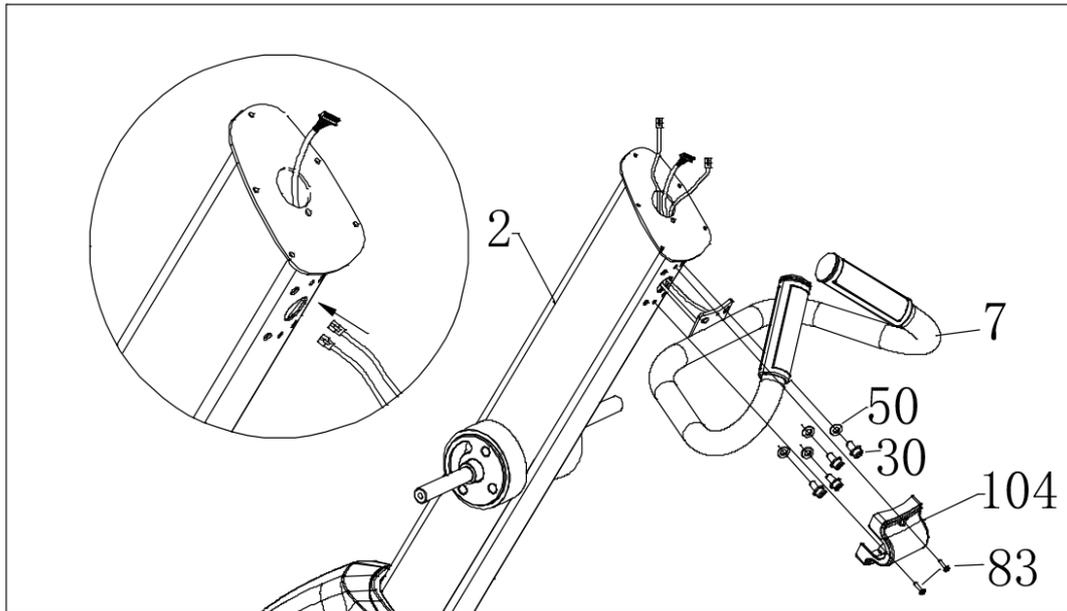
Allen screws: In the uprights of cross trainers are hex bolts, make sure that the Allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head from being turned

STEP 1



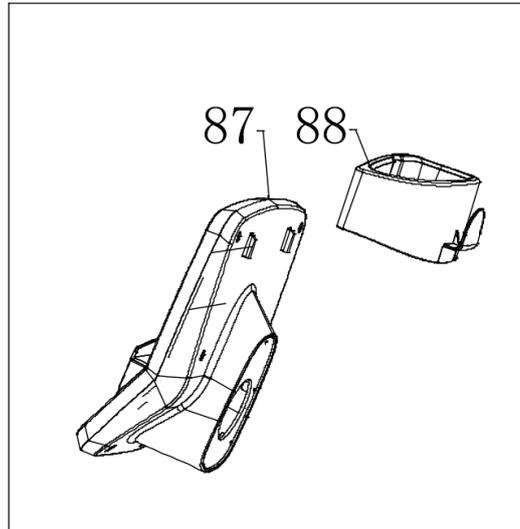
- Connect the motor communication wire (61) with Upright post communication wire (76);
- Attach the upright post (2) to the main frame (1) with Allen cylinder head full thread screw (30), Flat washer (50) and Spring washer (53).

STEP 2



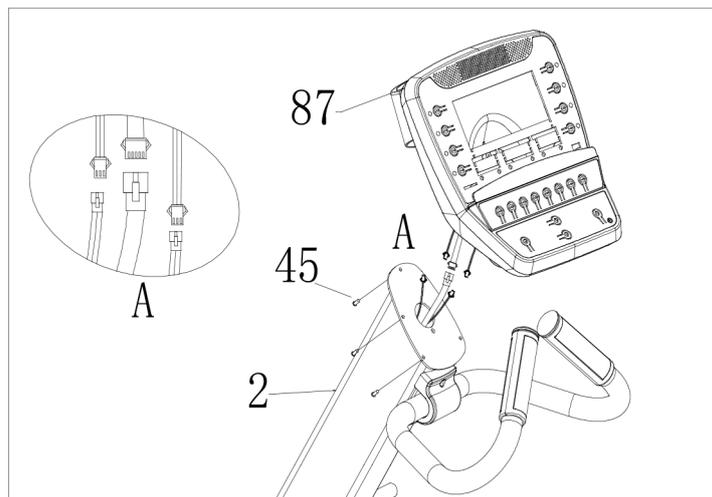
- Attach the pulse circular tube (7) to the upright post (2) with Allen cylinder head full thread screw (30), Flat washer (50);
- Assemble the handlebar cover (104) with Philips pan head full thread screw (118).

STEP 3



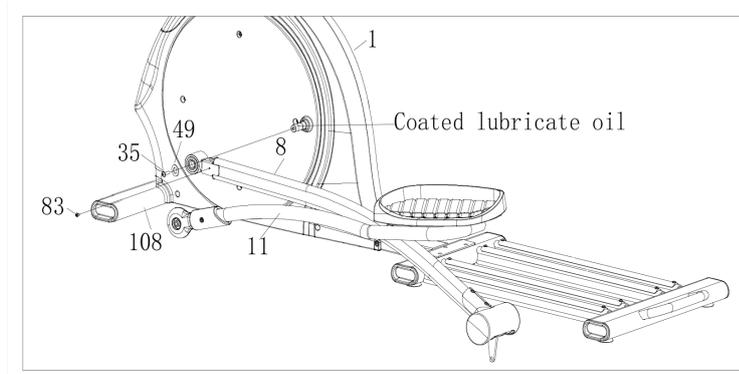
- Insert the bottle holder (88) into the console (87).

STEP 4



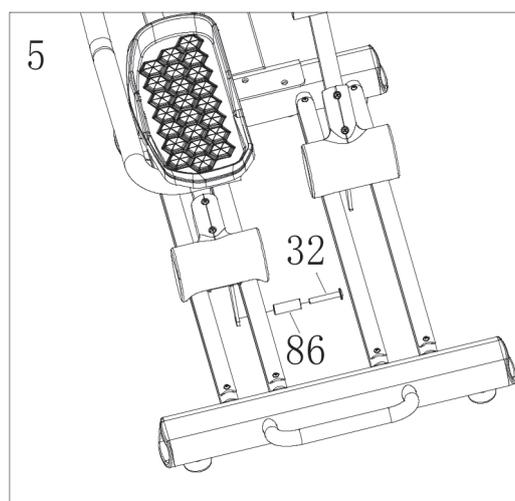
- Connect upright post (2) with console (87) communication wire;
- Attach the console (87) to upright post (2) with the Philips C.K.S. self-tapping screw (45).

STEP 5



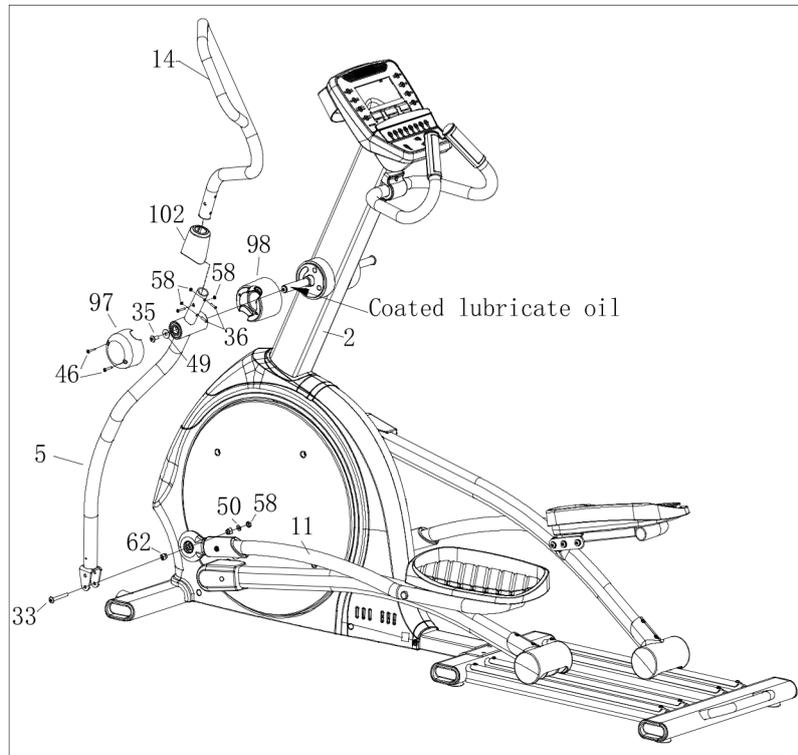
- First apply the lubricating oil to the axis, Attach the left swing arm (8) to main frame (1) with Allen pan head full thread screw (35), Flat washer (49) and decorative cover (108) with Philips pan head full thread screw (83);
- Assemble the right swing arm in the same way.

STEP 6



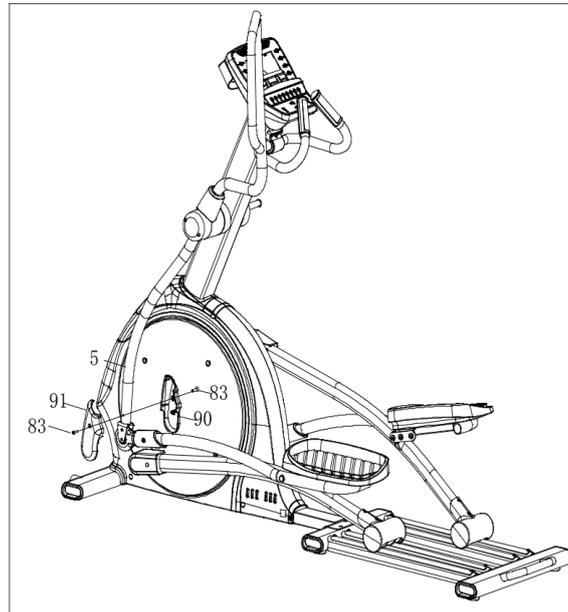
- Attach the Pulley limited sleeve(86) to the swing arm and lock with Allen C.K.S. full thread screw (32).

STEP 7



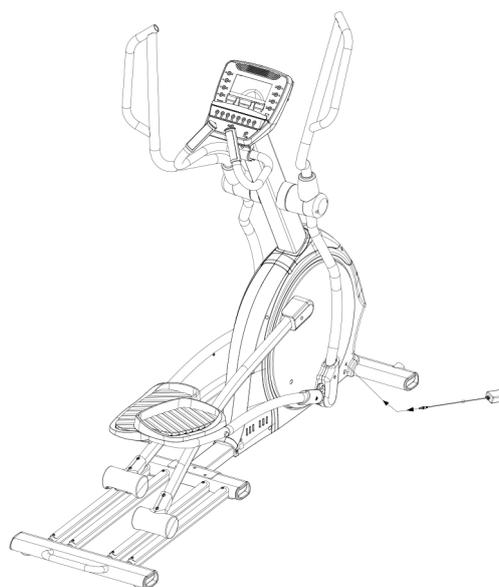
- Assemble left down handlebar (5). First apply the lubricating oil to the axis , then insert the decorative cover (98) into the axis. Then attach the left down handlebar (5) to the axis of upright post (2) with Allen C.K.S. Full thread screw (35), and flat washer (49);
- Connect the left down handlebar (5) and left swing arm (11) with Allen C.K.S. Full thread screw (33), powder metallurgy case (62), flat washer (50) and Hex self-locking nut (58);
- Assemble the handlebar outer cover (97) with Philips C.K.S. self-locking screw (46);
- Insert the handlebar decorative cover (102) into left upper handlebar (14). Then attach left upper handlebar (14) to left down handlebar (5) with Allen C.K.S. half thread screw (36) and Hex self-locking nut (58);
- Assemble the right down handlebar in the same way.

STEP 8

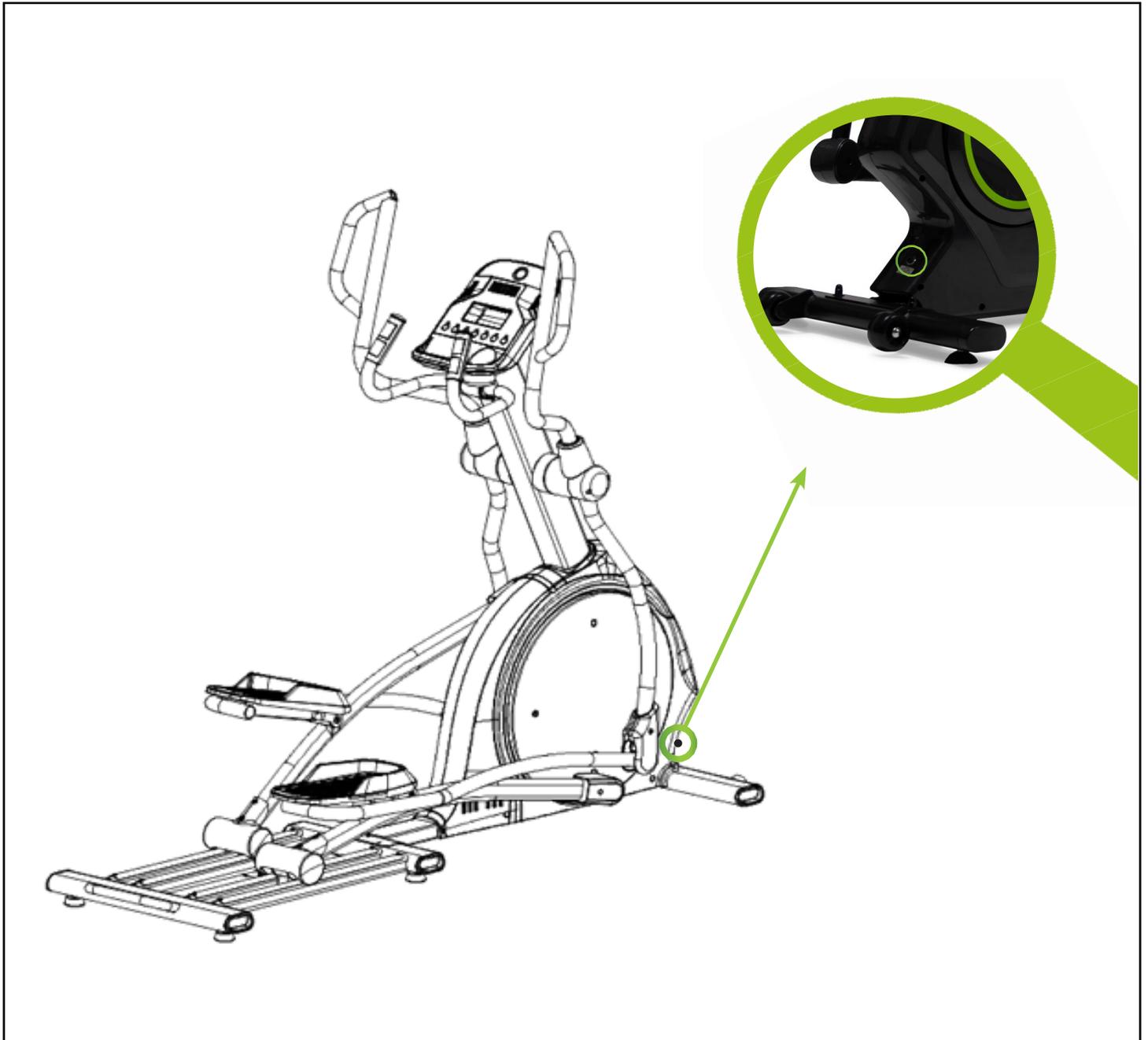


- Assemble left down handlebar cover A (90), B (91). Attach the down handlebar cover A, B to left down handlebar (5) with Philips Pan head full thread screw (83);
- Assemble the right side in the same way.

STEP 9



ADAPTER CONNECTION



The adapter connection is located on the back of the device (see illustration). Attach the adapter to the adapter connection and connect to the power supply. you can now use the elliptical trainer.

1. The upright is fixed with Allen screws, making sure that the bolts are tight at all times. If the bolts are not tightened tight enough, this can cause cracking.
2. All moving parts mounted on the base of the device should be greased with grease once every 6 months. This can be done with Vaseline (without acids) or with silicone oil.
3. After each use, the appliance should be cleaned with a slightly damp cloth and soft soap. If the perspiration is not removed in time, corrosion can occur.
4. Do not place the cross trainer in a room with high humidity. For example, a shed or a room where the washing machine is located.

PROBLEM SOLUTIONS

Squeaky crosstrainer: First lubricate all rotating parts with silicone spray. It can also be that a screw is tightened too tightly or too loosely, this creates friction and therefore a beep. If this is the case, try to find out exactly where the beep is coming from and then loosen or tighten this screw. The screws should be tightened in such a way that they can always be released by hand.

No resistance: First check whether you can hear the motor running. You will hear the motor spin very briefly when you increase or decrease the resistance. If you hear the engine running then all electronics are OK, but the V-belt probably ended. You can then open the housing and replace the V-belt. If you do not hear the motor running, it may be that the motor or display is defective. First check whether the cable that runs upwards in the pipe is connected properly.

Ticking sound: It is possible that the flywheel (in the housing) comes against a cable with every pedaling. This may be disturbing but will not cause permanent damage to your cross trainer. To solve this, open the housing and move the cable or you can fasten it with for example a tie-wrap.

Heart rate display does not work: This can have various causes. 1. The sensor cable running from the heart rate sensor to the display is not properly mounted or has come off during use. 2. It may be that the sensors have become damp, dirty or greasy, clean them regularly. 3. If you have a lot of calluses on your hands, it is more difficult for the sensors to measure, when this is the case a chest strap is recommended.

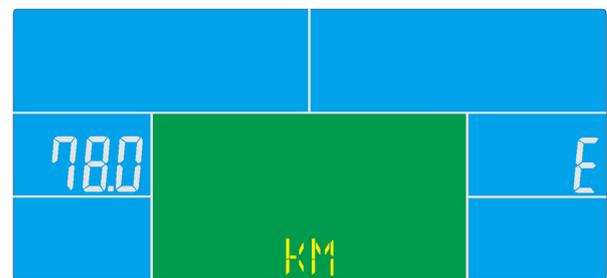
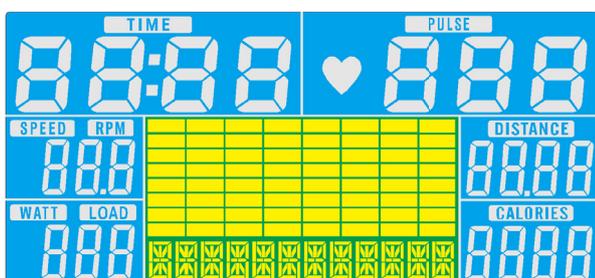
FUNCTION BUTTONS

ITEM	DESCRIPTION
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	BeginnerX4, AdvanceX4, and Sporty X4, 12 PROGRAMs for selection.
CARDIO	Target HR training mode.

DISPLAY FUNCTIES

FUNCTION	DESCRIPTION
UP	Increase resistance level Setting selection.
DOWN	Decrease resistance level Setting selection.
MODE/ENTER	Confirm setting or selection.
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.
START/STOP	Start or Stop workout.
RECOVERY	Test heart rate recovery status.
BODY FAT	Test body fat% and BMI.

POWER ON: Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.



WORKOUT SELECTION

Press UP and Down to select workout Manual - Beginner - Advance - Sporty - Cardio - Watt.

Manual Mode

Press START in main menu may start workout in manual mode.



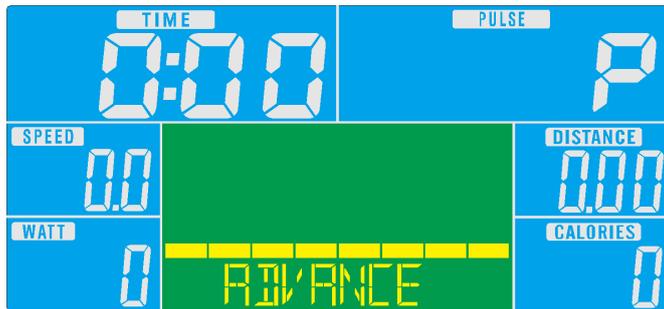
1. Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
2. Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

Beginner Mode



1. Press UP or DOWN to select BEGINNER program, choose BEGINNER 1 ~ 4 and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Advance Mode



1. Press UP or DOWN to select ADVANCE program, choose ADVANCE 1 ~ 4 and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Sporty Mode



1. Press UP or DOWN to select SPORTY program, choose SPORTY 1 ~ 4 and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Cardio Mode



1. Press UP or DOWN to select workout program, choose CARDIO and press Mode to enter.
2. Press UP or DOWN to set user AGE.
3. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
4. Press UP or DOWN to preset workout TIME.
5. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

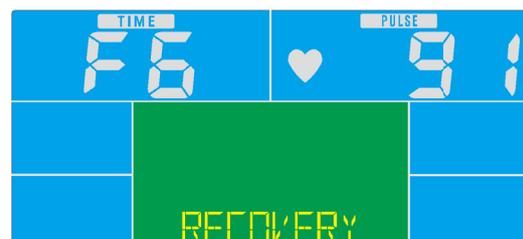
Watt Mode



1. Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
2. Press UP or DOWN to preset WATT target. (default: 120)
3. Press UP or DOWN to preset TIME.
4. Press START/STOP key to start workout. Press UP or DOWN to adjust Watt level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

RECOVERY

1. After exercising for a period of time, keep holding on hand grips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.
2. Screen will display your heart rate recovery status with the F1, F2....to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

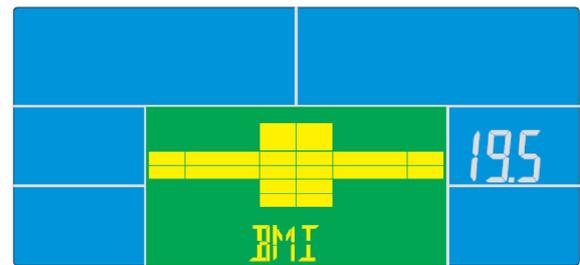
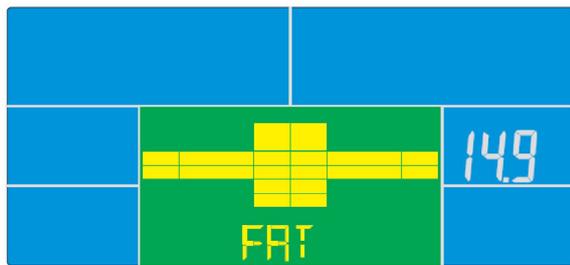
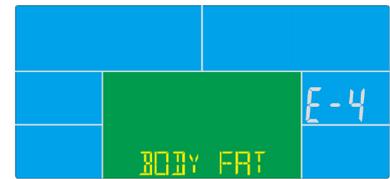
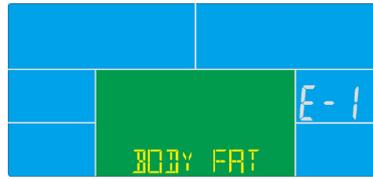
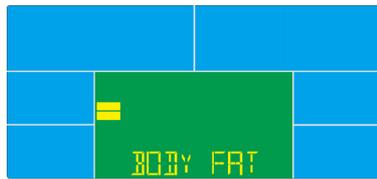


BODY FAT

1. In STOP mode, press the BODY FAT button to start body fat measurement.
2. Then selected user (U1~U4) will blinking for 2 seconds. Then start measuring.
3. During measuring, users have to hold both hands on the handgrip. And the LCD will display "--" "--" for 8 seconds until computer finish measuring.
4. LCD will display BODY FAT advice symbol, BODY FAT percentage, BMI for 30 seconds.

"E-1"- Occurs when there is no heart rate signal input detected or user not hold hand grips correctly.

"E-4" – Occurs when FAT% exceed setting range (5.0%~ 50%).



MP3 Function

The console is with speaker, user can connect mobile or music player to console with an audio cable for MP3 function. Then click the player, console will play music.

(Reminder: console only has the function of power amplifier but not read memory card.)

NOTE:

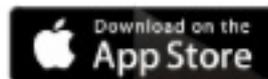
1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.

Download one of the apps below in the Google Play Store or App Store.

Turn on Bluetooth on your smartphone or tablet and open the app.
You can connect with the console of the crosstrainer.

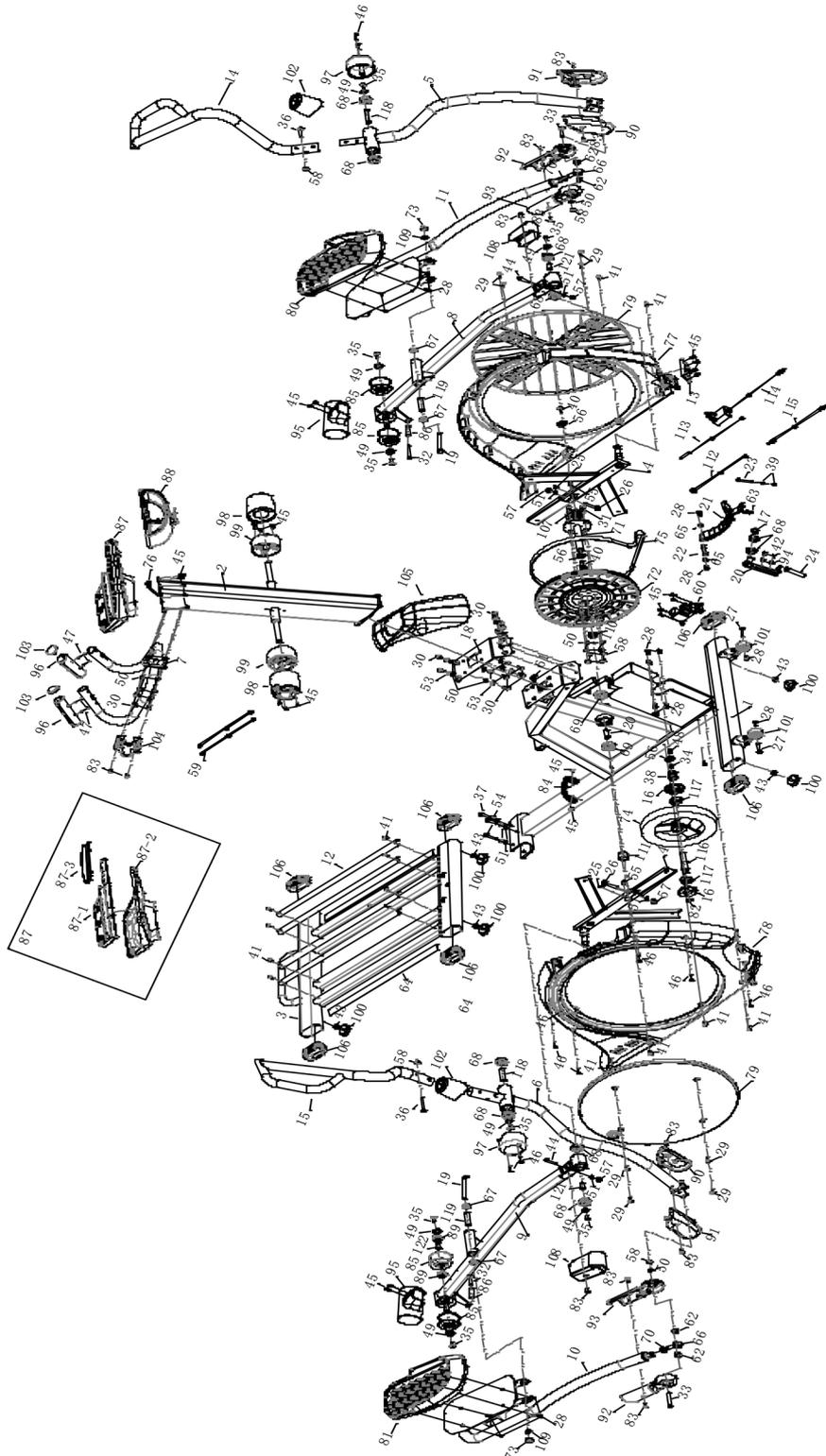
Then start your training!

Fit Hi Way, iConsole, Kinomaps app downloaden:



Note:

If the console of the crosstrainer is connected to your smartphone or tablet via Bluetooth, the console will turn off.
If you leave the app turn off the bluetooth connection on your smartphone or the tablet, the console will automatically turn on again.



#	Description	QTY
1	Main frame	1
2	Upright post	1
3	Sliding rail	1
4	Crank	2
5	Right handlebar	1
6	Left handlebar	1
7	Pulse circular tube	1
8	Body arm Left	1
9	Body arm Right	1
10	Swing arm Left	1
11	Swing arm Right	1
12	Sliding rail Aluminum plate	4
13	Cover decoration	1
14	Left upper handlebar	1
15	Right upper handlebar	1
16	Bearing base	2
17	Circlip for shaft $\Phi 20$	1
18	Upright post connection plate (1)	1
19	Pedal axis	2
20	Belt fixed wheel	1
21	Magnet fix	1
22	Magnet control fixed axis $\Phi 12 \times 50$	1
23	Hex full thread screw M5*60	1
24	Allen cylinder head half thread screw M10*100*50	1
25	Hex full thread screw M6*15	2
26	Hex full thread screw M10*75*20	2
27	Allen C.K.S. hollow screw $\Phi 8 \times 33 \times M6 \times 15$	2
28	Allen C.K.S. full thread screw M6*15	18
29	Allen cylinder head full thread screw M6*10	8
30	Allen cylinder head full thread screw M8*15	13
31	Allen cylinder head full thread screw M8*20	4
32	Allen pan head full thread screw M8*55*20	2
33	Allen C.K.S. half thread screw M8*50*20	2

#	Description	QTY
34	Flat key 5*50*20	1
35	Allen C.K.S. full thread screw M8*15	10
36	Allen C.K.S. half thread screw M8*45*20	6
37	Allen C.K.S. full thread screw M10*70*20	3
38	Small belt pulley	1
39	Hex nut M5	2
40	Allen countersunk head full thread screw M8*15	2
41	Philips C.K.S. full thread screw M5*15	8
42	Philips countersunk head full thread screw M5*15	2
43	Hex nut M10	6
44	Allen C.K.S. half thread screw M10*50*20	2
45	Philips C.K.S. self-tapping screw ST4*16	50
46	Philips C.K.S. self-tapping screw ST4*20	13
47	Philips pan head self-tapping screw ST3*30	4
48	Allen countersunk head full thread screw M6*15	1
49	Flat washer $\Phi 8.2 \times \Phi 25 \times t 2.0$	8
50	Flat washer $\Phi 8$	18
51	Flat washer $\Phi 10$	8
52	Spring washer $\Phi 6$	2
53	Spring washer $\Phi 8$	18
54	Spring washer $\Phi 10$	3
55	Flat key $\Phi 8 \times \Phi 30 \times t 3.0$	3
56	Flat washer $\Phi 8 \times \Phi 30 \times t 3.0$	3
57	Hex self-locking nut M10	4
58	Hex self-locking nut M8	13
59	Handle pulse connecting wire	2
60	Engine cable	1
61	Main frame communication cable	1
62	Handlebar down connection powder case	4
63	Brake tension spring $\Phi 11.5 \times \Phi 1.2 \times 13$	1
64	EVA washer	4
65	Spring washer $\Phi 12$	2
66	Bearing M12	2

#	Description	QTY
67	Deep groove ball bearing 6201ZZ	4
68	Deep groove ball bearing 6004ZZ	8
69	Deep groove ball bearing 6005ZZ	2
70	Hex nut M12*P1.75	2
71	Belt pulley axle	1
72	Belt pulley	1
73	Hex nut M12	2
74	Fly wheel	1
75	Motor belt	1
76	Connection cable	1
77	Outer cover-left	1
78	Outer cover-right	1
79	Crank cover	2
80	Pedal-left	1
81	Pedal-right	1
82	Circlip for shaft Φ 17	1
83	Philips pan head full thread screw M5*10	12
84	Outer cover end plug	1
85	Pulley	4
86	Pulley limited sleeve	2
87	Console	1
88	Sundries box	1
89	Deep groove ball bearing R10ZZ	4
90	Down handlebar cover A	1
91	Down handlebar cover B	2
92	Body arm cover A	1
93	Body arm cover B	1
94	Belt clamp powder set	2
95	Wheels decoration cover	2
96	Handle pulse set	2
97	Handlebar Outer cover	2
98	Handlebar Middle cover	2
99	Handle Inner cover	2

#	Description	QTY
100	Foot pads	6
101	Wheels	2
102	Handlebar decorative cover	2
103	End cap	2
104	Handlebar cover	1
105	Upright post cover	1
106	Elliptical tube plug	6
107	Crank clearance set three	1
108	Body arm cover	2
109	Flat washer $\Phi 12.5 \times \Phi 22 \times t 2.0$	2
110	Crank clearance set one	1
111	Crank clearance set two	1
112	Power communication wire	1
113	Magnetic sensor	1
114	Power adapter	1
115	Brake line	1
116	Flywheel axis	1
117	Deep groove ball bearing (TPI) 6203ZZ	2
118	Handle bar axle sleeve clearance set	2
119	Switching bearing clearance set	2
120	Crank bearing clearance set	1
121	Swing arm bearing clearance set	2
122	Wheel bearing clearance set	2

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For questions or missing parts please contact your dealer.