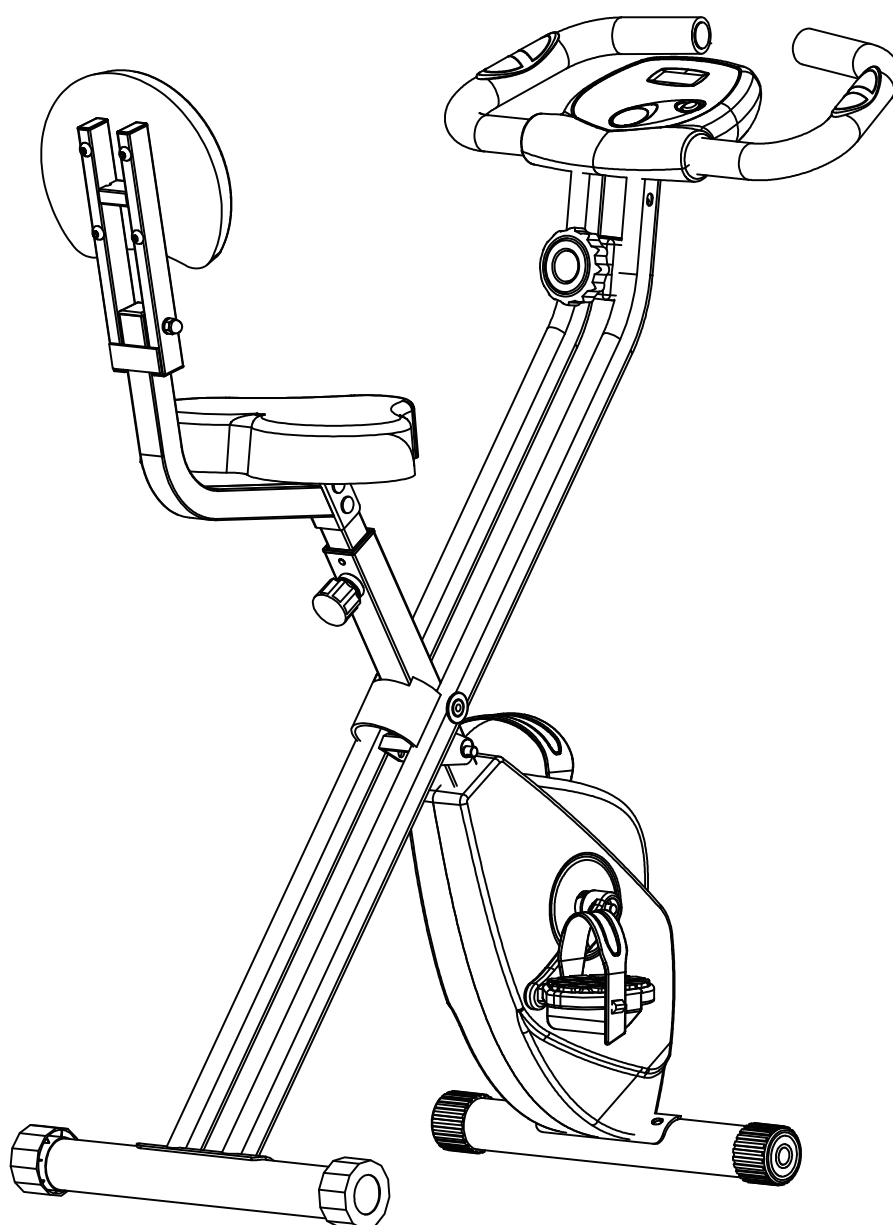




Folding Bike with Backrest and Tablet Holder

User manual



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WARNING: Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

ATTENTION

- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact YOUR DEALER by any of the means listed on the opposite page.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- The exercise bike is made for home use and is suitable for users up to 110 kg.

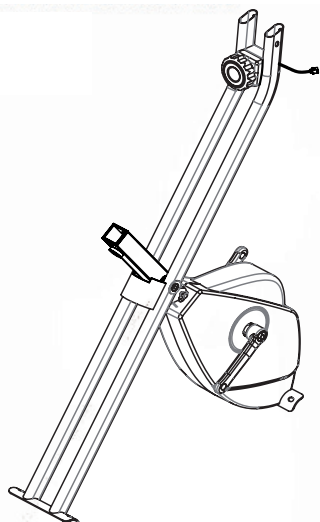
WARNING: A heart rate monitor may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!

Conformity

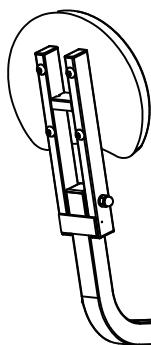
This product conforms to:
(EN 957-1 & EN 957-5), HOME USE – Class (C).

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

Main Frame & Rear Frame



Backrest



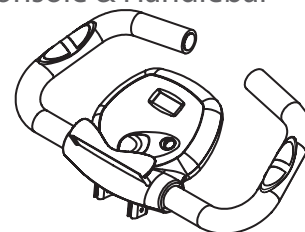
Saddle



Saddle support



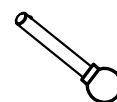
Console & Handlebar



Adjuster Knob



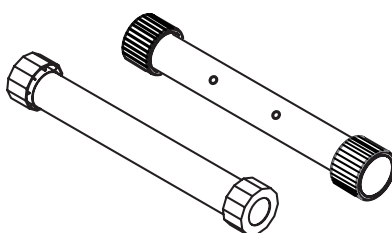
Locking pin



Water bottle holder



Rear stabilizer Front stabilizer



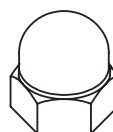
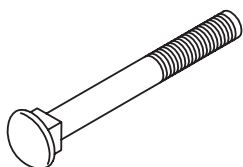
Pedal(L)



Pedal(R)

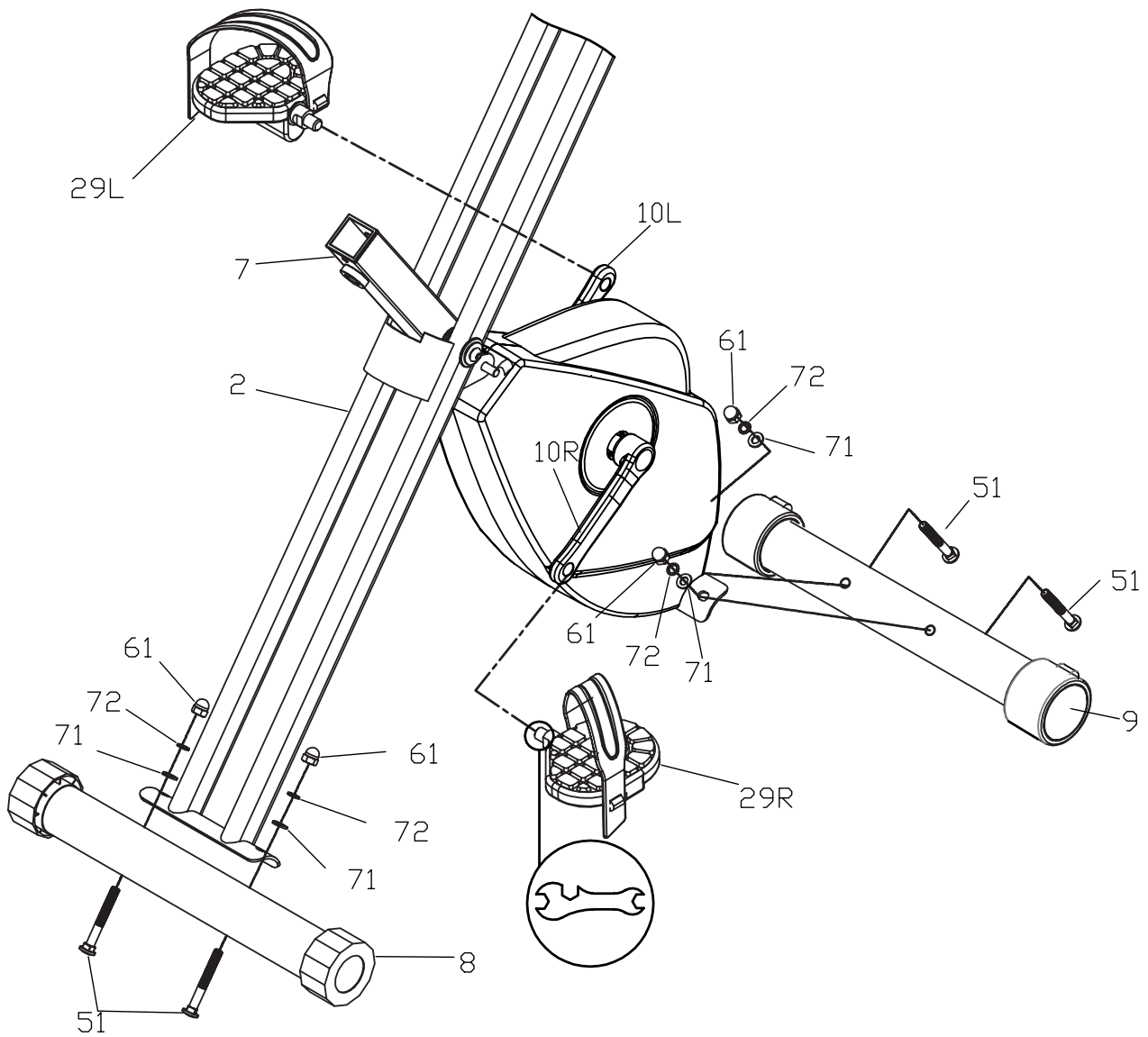


Tools



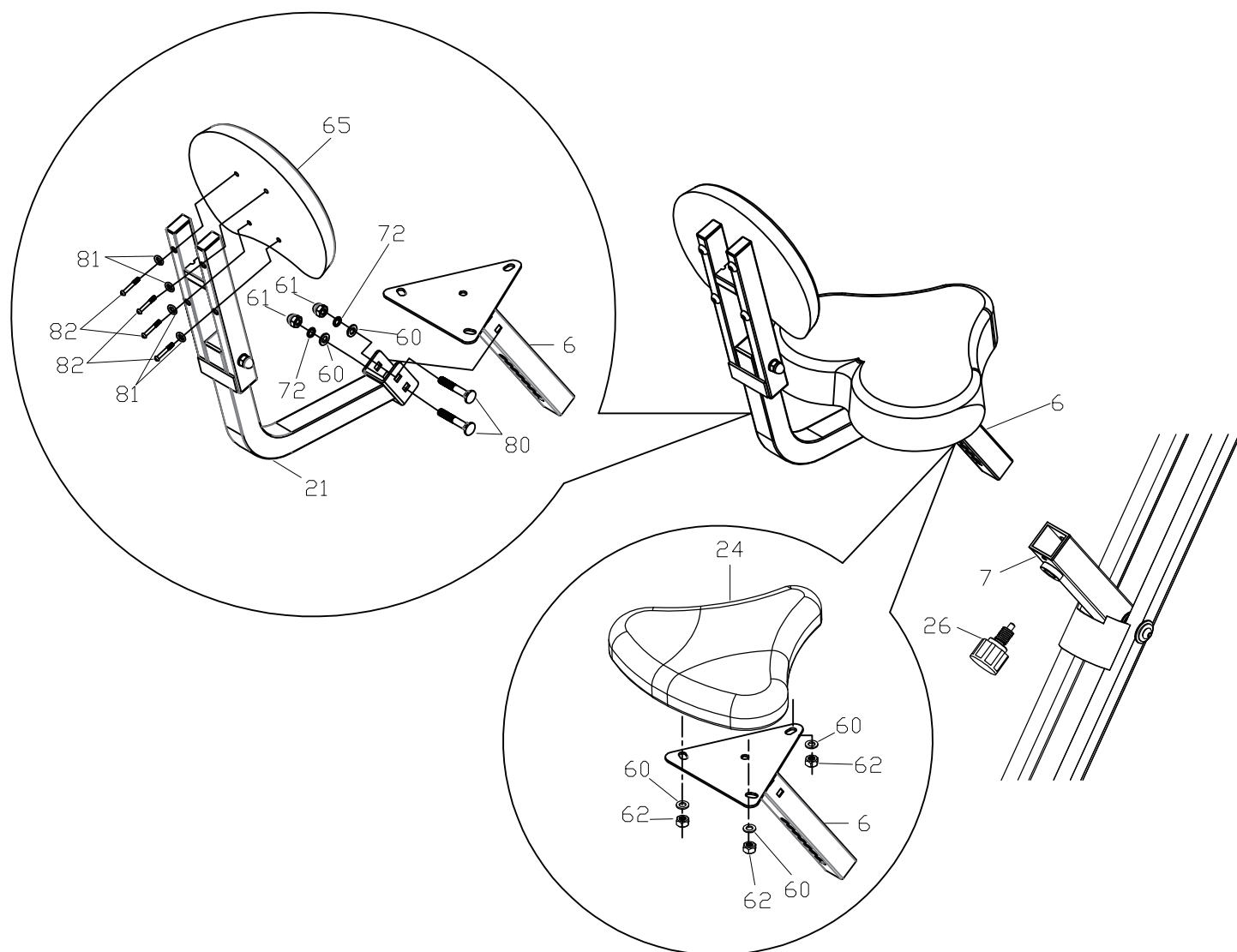
STEP 1

Assemble Rear & Front Stabilizer, Pedal (L / R)



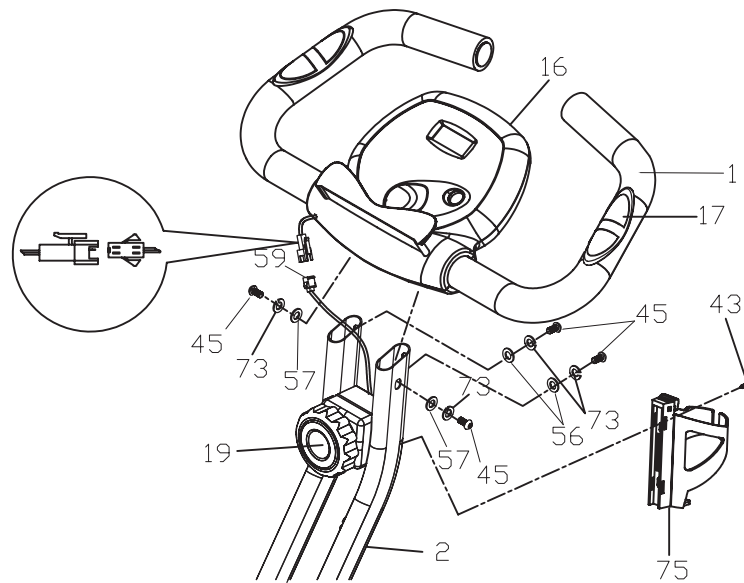
STEP 2

Assemble Saddle

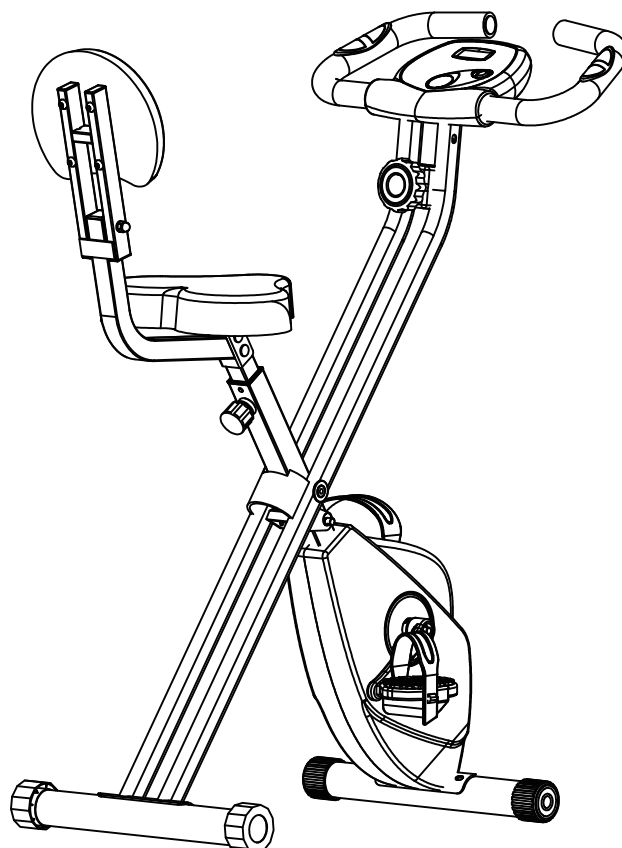


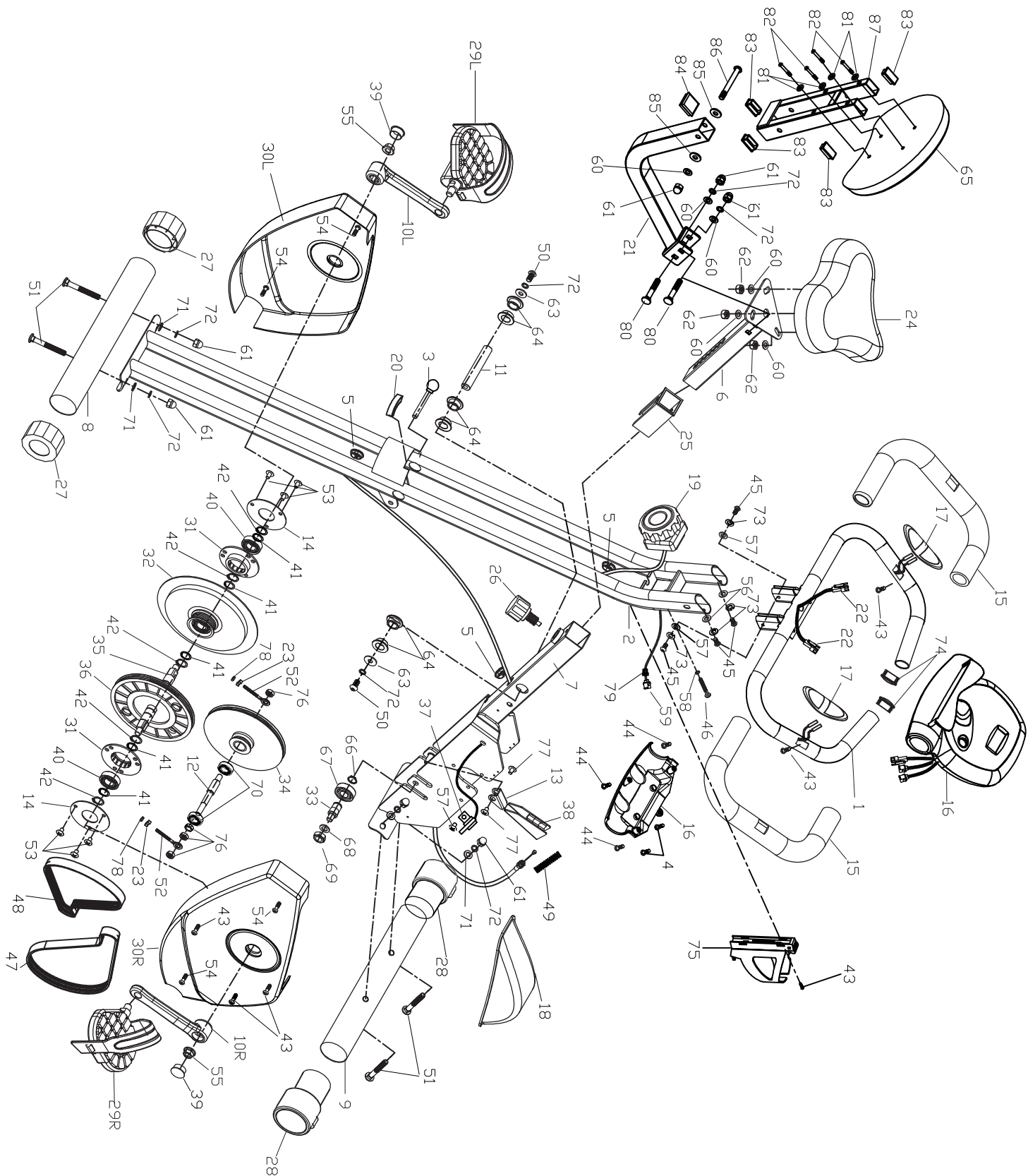
STEP 3

Assemble Handlebar & Exercise Monitor



COMPLETE!





part no.	description	q'ty
1	handlebar	1
2	rear frame	1
3	locking pin	1
4	M5*10 screw	2
5	15*20 oval line plug	3
6	saddle support	1
7	main frame	1
8	rear stabilizer	1
9	front stabilizer	1
10	crank (L&R)	2
11	main shaft	1
12	lower drive wheel shaft	1
13	magnetic bracket	1
14	round steel	2
15	handle grip foam	2
16	console	1
17	pulse sensor pad	2
18	chain cover (U)	1
19	tension control knob	1
20	EVA sticker	1
21	bracket stem support	1
22	pulse sensor wire	2
23	backrest support	1
24	saddle	1
25	saddle stem insert	1
26	seat adjustment knob	1
27	adjustable hex and cap	2
28	end cap	2
29	pedal (L&R)	2
30	chain cover (L&R)	2
31	pulley brush	2
32	flywheel	1
33	pulley bracket	1
34	lower drive wheel	1
35	upper drive wheel shaft	1
36	upper drive wheel	1
37	sensor bracket	1
38	magnet	6
39	crank guard trim	2
40	bearing	2
41	waved washer	5
42	spring washer	5
43	M4*25mm self-tapping screw	6
44	M5*15mm screw	3
45	M6*12mm	4

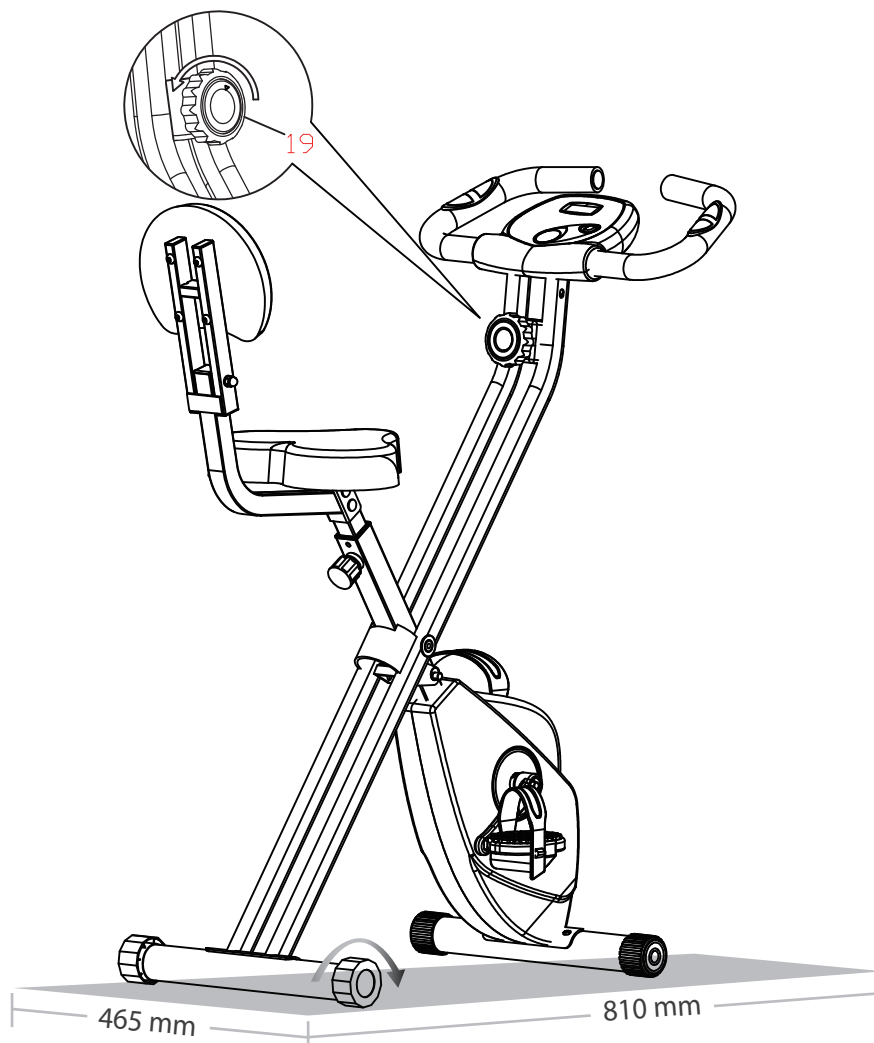
part no.	description	q'ty
46	M5*45mm screw	1
47	230J drive belt	1
48	220J drive belt	1
49	spring	1
50	M8*20mm Allen bolt	2
51	M8*65mm carriage bolt	4
52	M6*40mm screw	2
53	M6*12mm screw	6
54	M4*20 self-tapping screw	4
55	M10*1.25mm nut	2
56	M6 curved washer	2
57	M6 flat washer	2
58	flat washer	1
59	sensor wire	1
60	spring washer	6
61	dome locknut	7
62	M8 Nylon locknut	3
63	flat washer	2
64	inner bushing	6
65	backrest	1
66	lock ring	1
67	bearing	1
68	flat washer	1
69	M10 nylon locknut	1
70	bearing	2
71	curved washer	4
72	spring washer	8
73	spring washer	4
74	handlebar end cap	2
75	water bottle holder	1
76	M10*1 nut	4
77	M5*10 screw	2
78	M6 locknut	2
79	wire plug	1
80	carriage bolt	2
81	flat washer	4
82	screw	4
83	obling end cap	4
84	square end cap	1
85	flat washer	2
86	Allen bolt	1
87	backrest support	1

To ensure smooth efficient cycling action, the tension belt braking system on your Exercise Bike has been correctly adjusted by our factory during production.

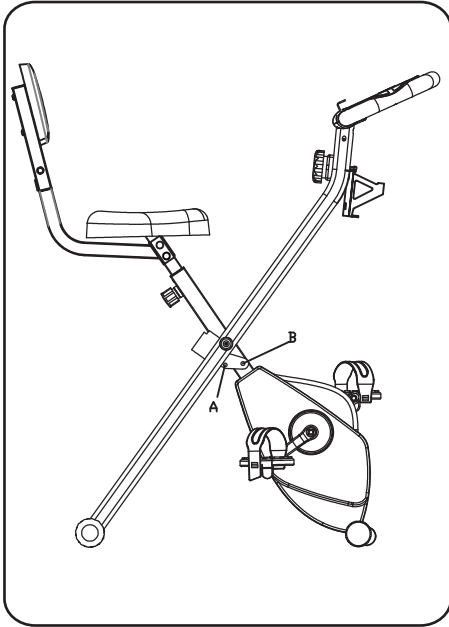
To adjust the pedalling resistance during use, start by turning the Tension Control (19) fully ANTI-CLOCKWISE at the start of your workout. Gradually increase the pedalling resistance by turning the Tension Controller Knob CLOCKWISE as required.

LEVELING THE BIKE

For security and stability, your bike has a factory welded frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your bike is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use. If you need to make a fine adjustment, simply twist the end of either Rear Frame Stabiliser Adjustable Hex End Cap (27) to compensate for uneven floors.

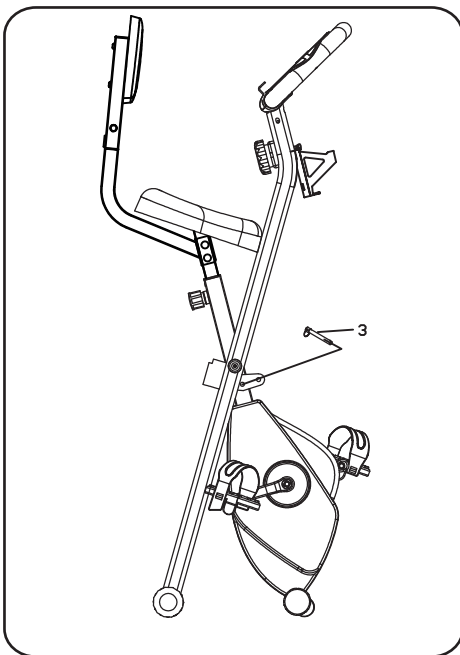


WHEN UNFOLDED



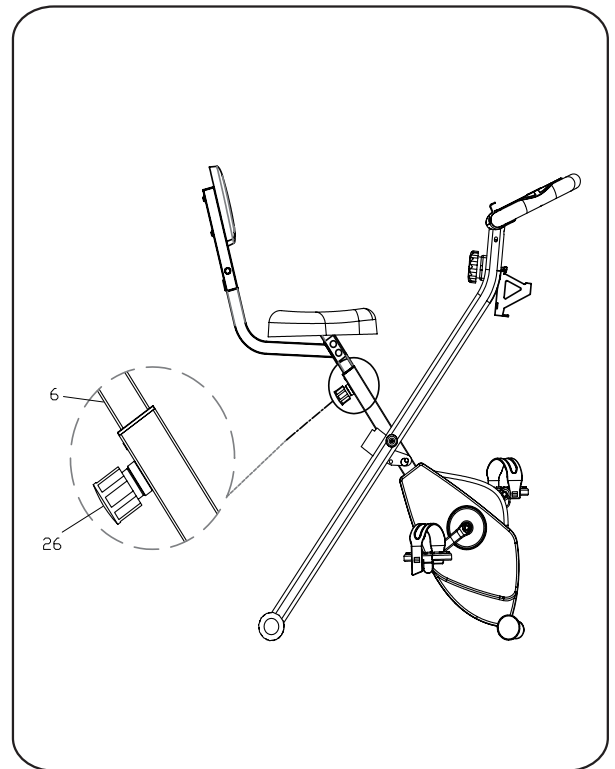
Using the Locking Pin (3) to fold and unfold the bike. When in use, the Locking Pin (3) is in Position A.

WHEN FOLDED



Using the Locking Pin (3) to fold and unfold the bike. When folded, the Locking Pin (3) is in Position B.

The Saddle Support has a “Max” sign to show the maximum height of Saddle. You should not exceed this height. Unscrew the Seat Adjustment Knob (26) a couple of turns then pull the knob outwards to release the Seat Support Tube (6). Position the Seat Support Tube to the desired height allowing for a slight bend in the knee at the lowest pedal position and retighten the Seat Adjustment Knob (26) .



Regular maintenance is important for optimal operation and to reduce wear. During use, regularly check all parts of the exercise bike and tighten them securely. Replace worn parts immediately by contacting the manufacturer. Use a damp cloth and a little soft soap to clean the exercise bike.

IMPORTANT: keep liquids away from the control panel to prevent damage. Keep the control panel away from direct sunlight.

PROBLEM SOLUTIONS

Squeaky exercise bike

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.

Ticking noise when pedaling

This is probably caused by one of the pedals. Disassemble the trapper (s) and then reattach them to the device. Be careful, the left-hand trapper has to be turned counterclockwise to tighten, the right-hand trapper clockwise. Tighten the pedals securely. If this does not offer the solution, report this to the supplier.

Heart rate display does not work

This can have various causes.

1. The sensor cables running from the heart rate sensor to the display are incorrectly fitted or have come off during use.
2. It may be that the sensors have become damp, dirty or greasy, clean them regularly.

The console doesn't work

- When the display show Drawing D, it means the batteries need to be changed.
- If there is no signal when you pedal, please check if the cable is well connected.



Drawing A



Drawing B



Drawing C



Drawing D

Are there any other problems? Please contact your dealer.

FUNCTIONS

TIME 0:00 - 99:59 (minutes)

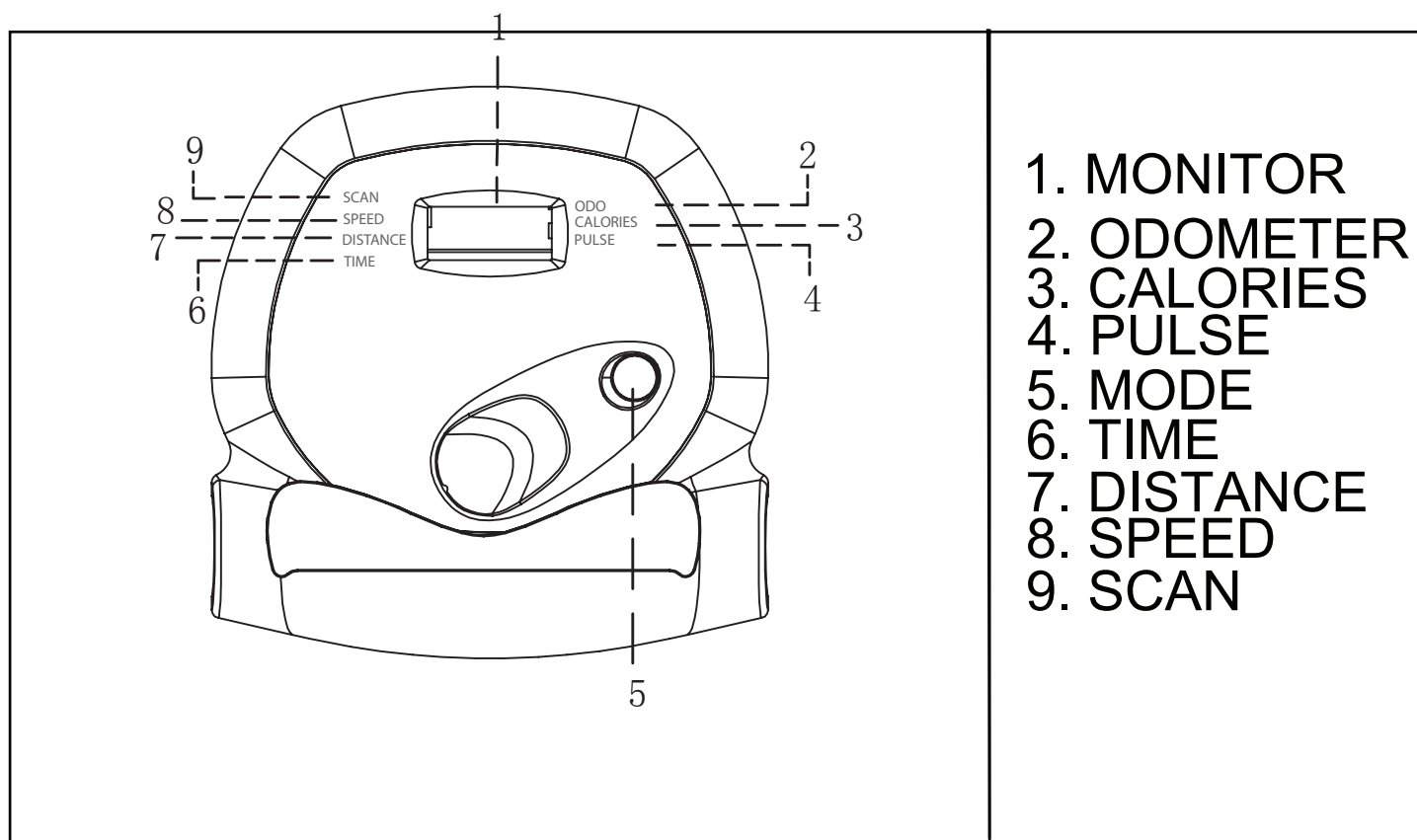
SPEED 0.0 - 999.9 (km/h)

DISTANCE 0.0 - 999.9 (km)

ODOMETER 0 - 9999 (km)

CALORIES 0.0 - 999.9 (kcal)

PULSE 40 - 240 (beats per minute)



SCAN	Changing from function to function every 4 seconds
TIME	Workout time during your exercise
SPEED	Workout speed during your exercise
DISTANCE	Workout distance during your exercise
ODOMETER	Automatically counts the total distance of all training
CALORIES	Burned calories during your exercise
PULSE	Heart rate during your exercise
MODE	This key lets you to select and lock on to a particular function you want

FUNCTIONS:

1. **TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.
2. **SPEED:** Press the MODE key until pointer lock on to SPEED. Display current speed during working time.
3. **DISTANCE:** Press the MODE key until pointer lock on to DISTANCE. The distance of each workout will be displayed when starting exercise.
4. **CALORIES:** Press the MODE key until pointer lock on to CALORIES. The calorie burned will be displayed when starting exercise.
5. **ODO:** Automatically accumulates workout distance when starting exercise.
6. **PULSE:** Press the MODE key until the pointer advance to PULSE function and put ear-clip to ear or the hand take hole of the sensor about 3 seconds show out.

SCAN: Display changes according to the next diagram every 4 seconds. Automatically display of the following functions in the order shown:

TIME---SPEED---DISTANCE---CALORIES---ODO ---PULSE---SCAN

NOTE:

1. When there is no signal for 4 to 5 minutes, the LCD display will turn off automatically.
2. When there is a signal input, the monitor automatically turns on.
3. If you see an improper display on the monitor, please replace the batteries. To ensure a good result, replace the batteries at the same time.
4. The monitor use 2pcs of 1.5v "AAA" batteries.

virtu **fit**

The logo for 'virtu fit' is rendered in a bold, green, sans-serif font. A thick, light green wavy line sweeps across the middle of the text, starting from the left and ending on the right, partially obscuring the letters 'u' and 'f'.

For questions or missing parts please contact your dealer.