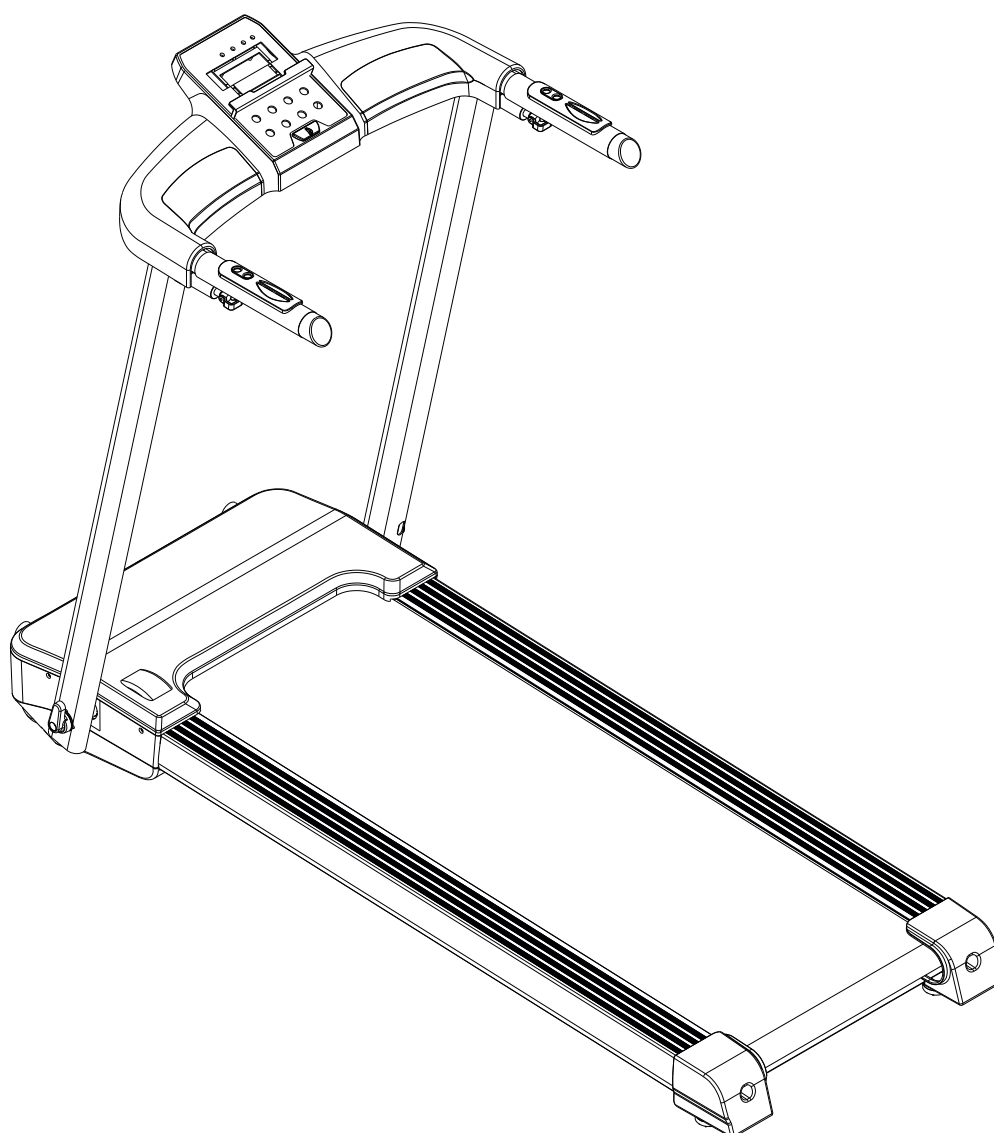


virtuafit

Totally Foldable TR-50i Treadmill

Owner's manual



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Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

ATTENTION

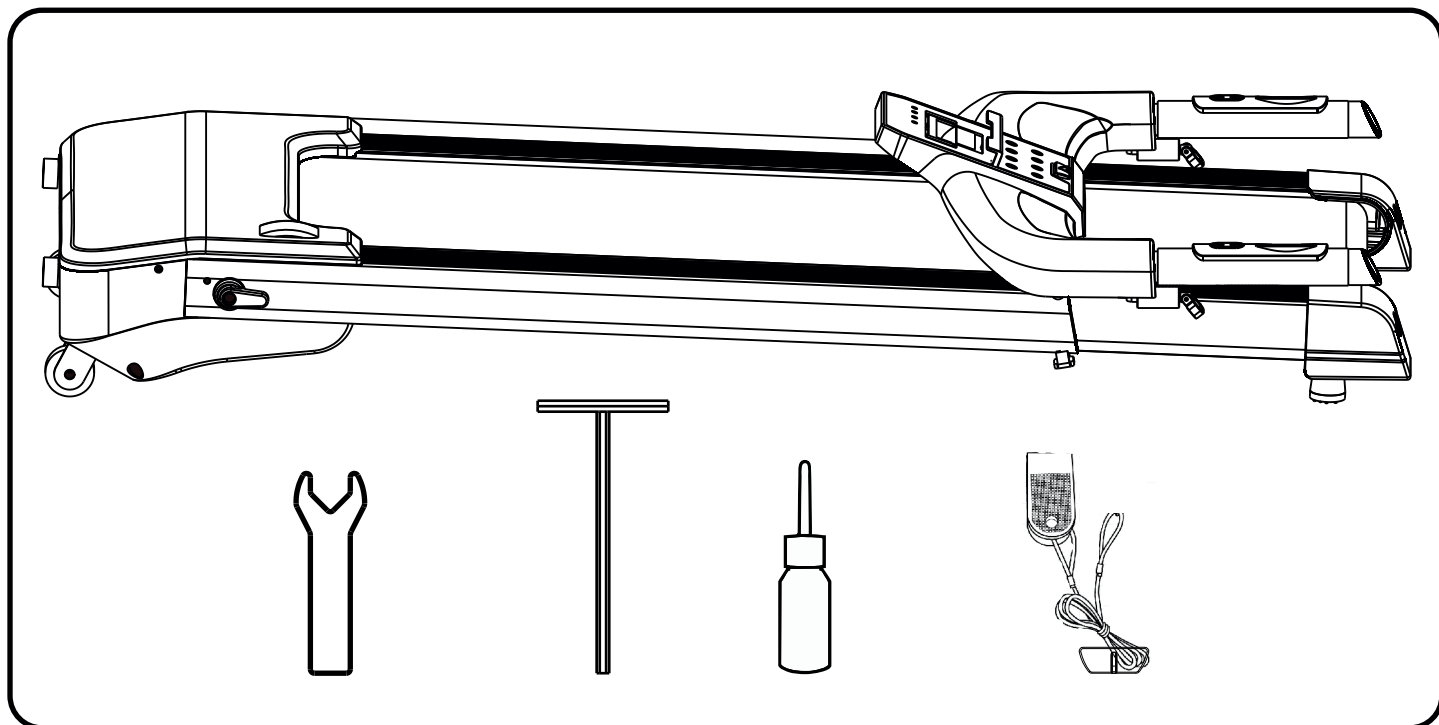
- Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.
- Please do not insert any items to any part of the equipments, which would damage the equipment.
- Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
- Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
- Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
- Keep the children and pets away from the treadmill while starting workout.
- Don't exercise in 40 minutes after dinner.
- The equipment is suitable for adults, children need be accompanied with adults while workout.
- You must hold on to the handrails until you become comfortable and familiar with the treadmill when it is your first workout.
- Treadmill is indoor-using equipment, not outdoor-using for avoiding damage. Keep the store-place clean and flat, drying. Prohibiting the other purpose using, only for workout.
- Please purchase the power-line to the distributor or contact with our company directly, for the power-line only equip to the treadmill.

- The treadmill is for indoor and not outdoor use to prevent damage on the product. Keep the storage area dry, clean and flat. It is forbidden to use the device for other purposes than before training.
- Only use the power cable supplied by the supplier for the treadmill. If the cable is missing, please contact our company.
- If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
- Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.
- Cut off the power when the equipment is not used. When the power is cut off, do not pull the power line to keep the wire unbroken. Insert the plug to the socket with the safety ground circuit, for the power-line is professional equipment. You must contact with the professional people directly while the line is damaged.
- This Treadmill only for home-using, the max user weight is 120 KGS.
- Please keep the space at least 1 X 2 meter at the end of base frame to escape any accidents!

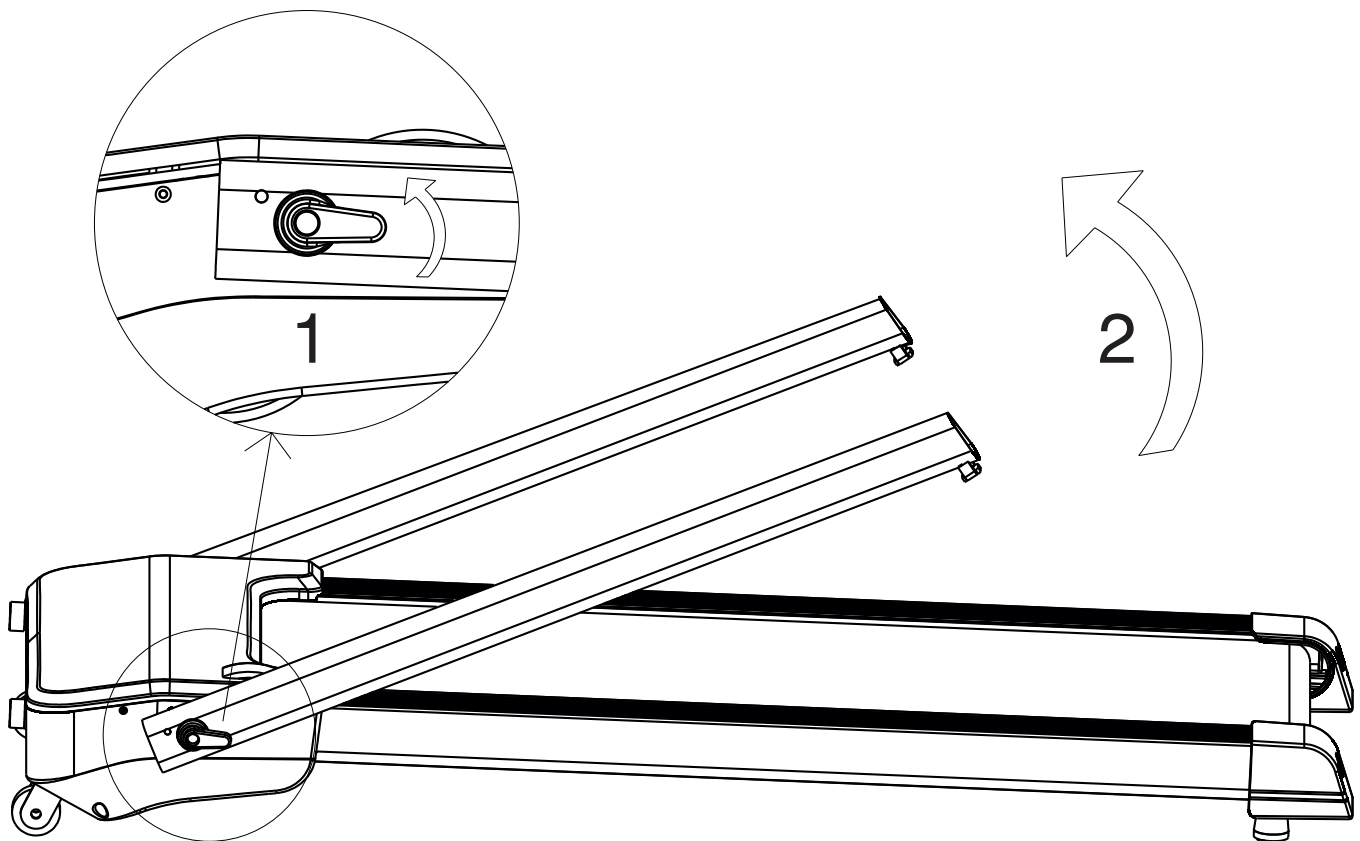
NOTE: THE VIRTUFIT TOTALLY FOLDABLE TR-50i TREADMILL IS PROVIDED IN 2 BOXES, WHEN THIS IS NOT THE CASE, PLEASE CONTACT FITNESS BENELUX.

TOOL KIT

When you open the 2 boxes, you will find the below parts:

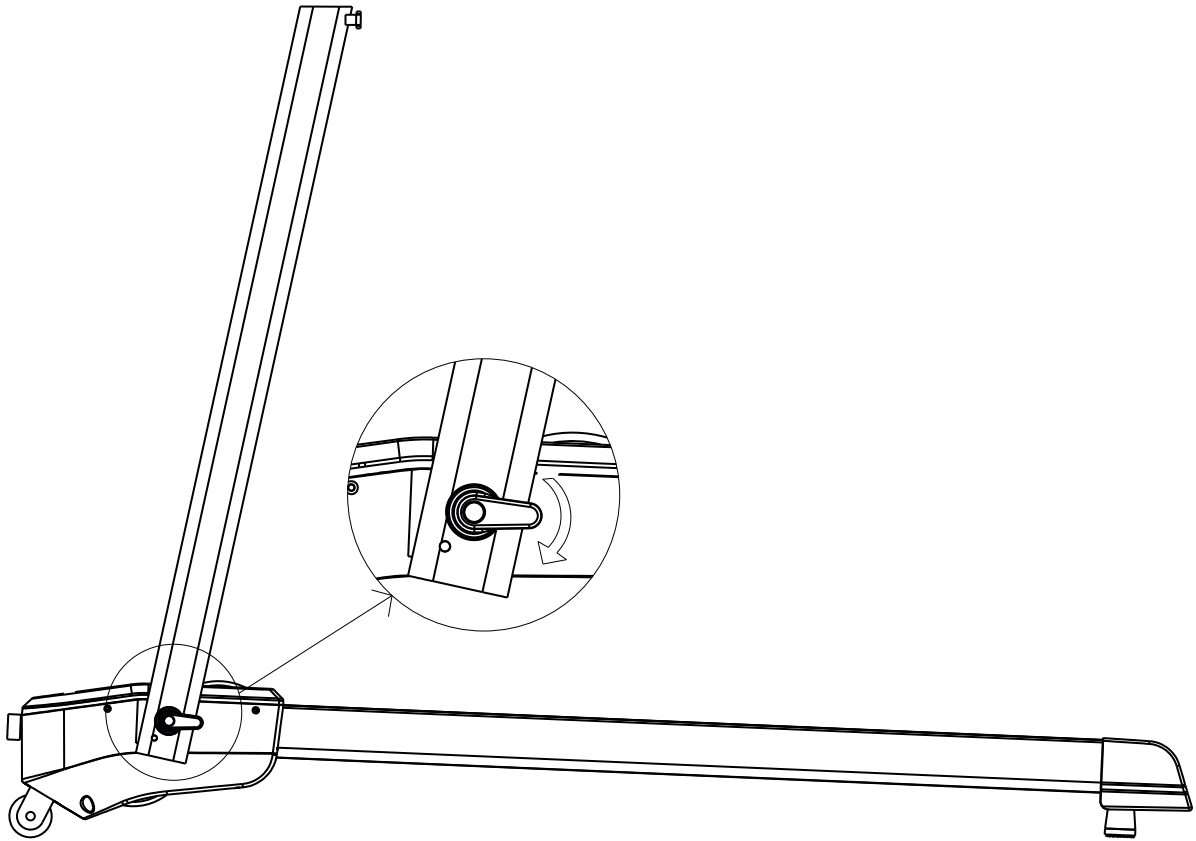


STEP 1



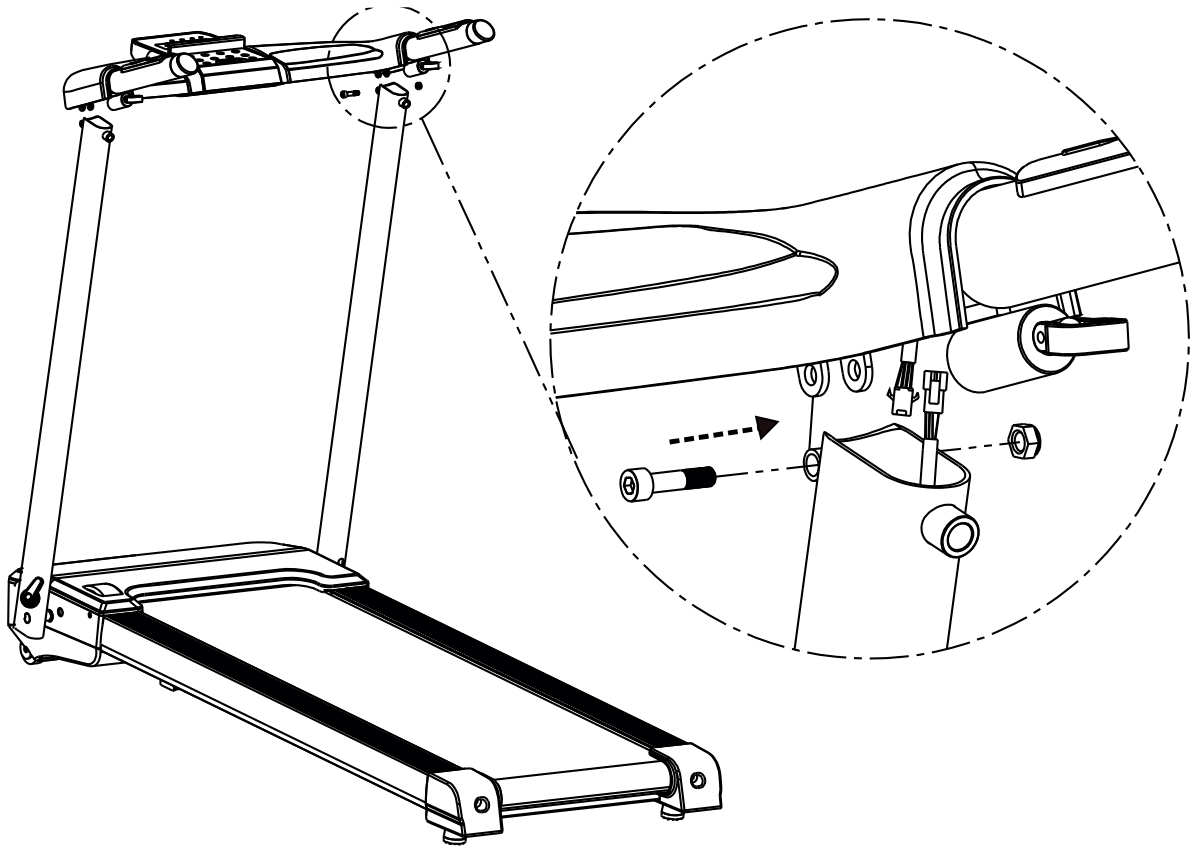
1. Unscrew the adjusting knob on the both sides of the frame respectively (suggest unscrew 3 circles) to make lower ends of upright tubes flick from the main frame.
2. Uplift the handle bar to the slot corresponding to the hinge of main frame.

STEP 2



After finishing the uplifting, screw the hand knob according to the direction as the arrow shows.

STEP 3

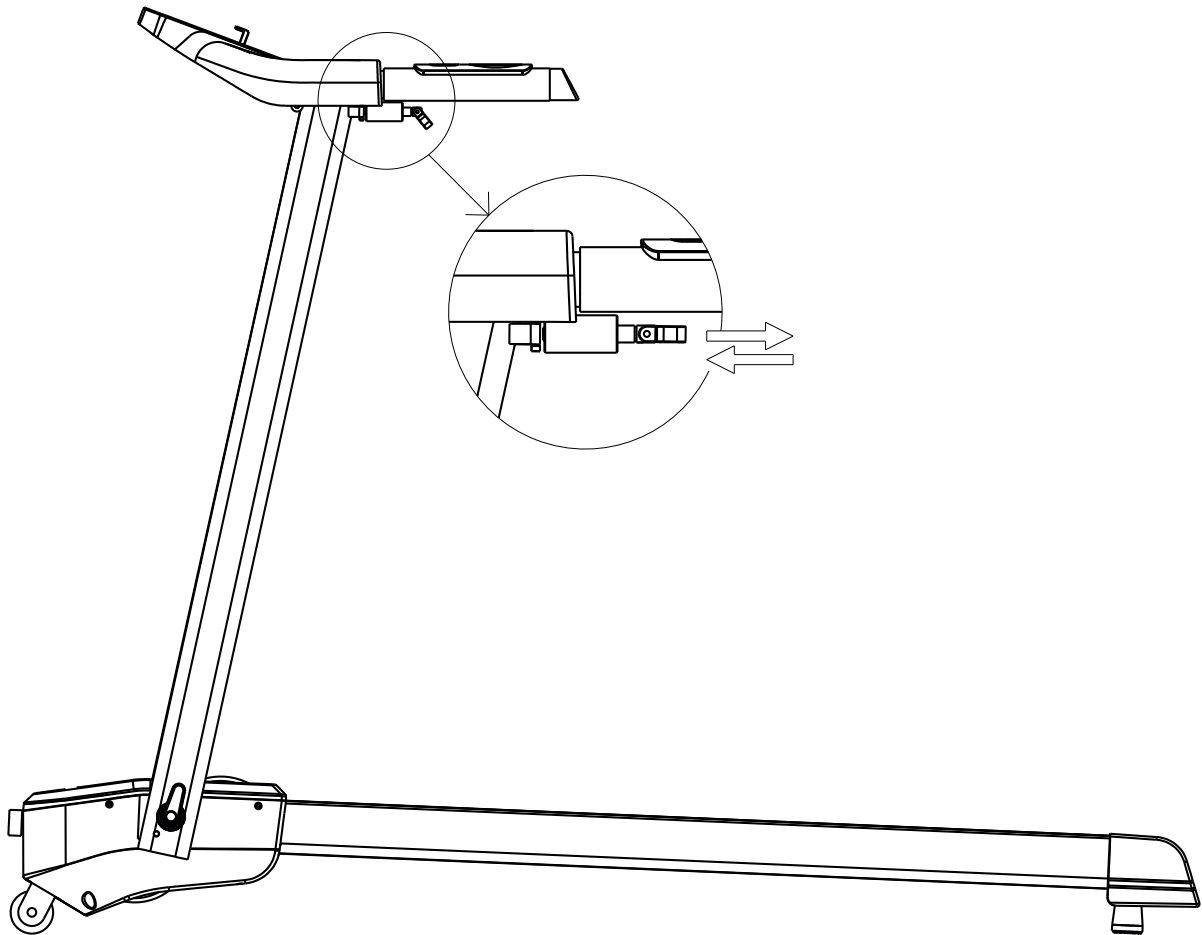


Use the M6 screws (the screw is pre-assembled on the upright tubes) to fix the console together with the upright tubes, then connect the connector wires of the right handrail and upright tube.

Assembly Instructions

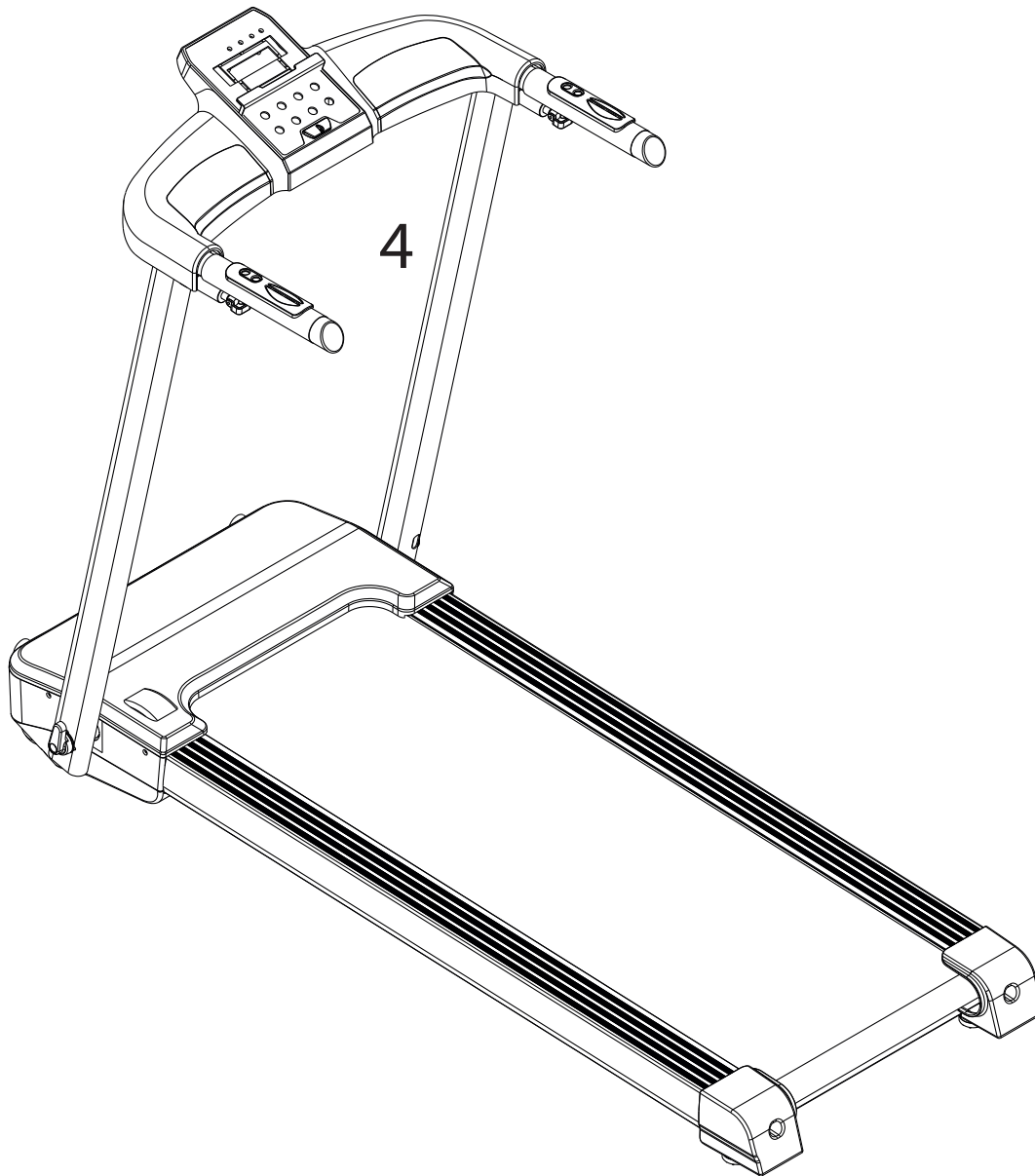
Attention: There are wires on the front and back side of the connector. Be careful not to pinch the wires. Also pay attention to this when folding and unfolding when using the treadmill.

STEP 4

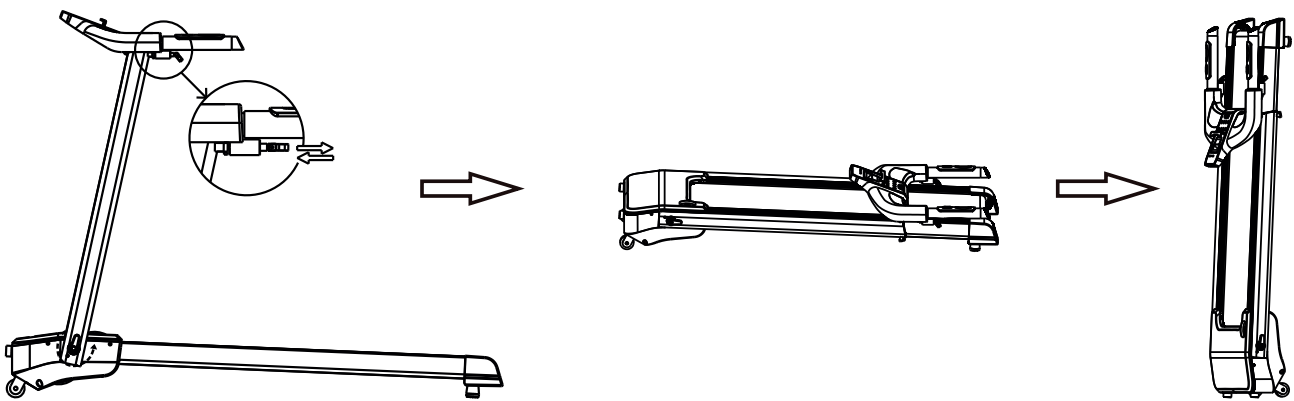


Put the handrails of the console in the horizontal direction and clip the pull pin of the left and right handrails into the holes on the upright tubes.

STEP 5



Put the safety key (4) on the yellow area on the console.



- Put the pull-pin on the console handrail to fold the console carefully.
- Pay attention to the cables and ensure that they are pinned.
- Unscrew the hand knob on the both sides of the frame respectively and carefully fold the console up.
- Place the machine leaning against the wall or place under a bed.

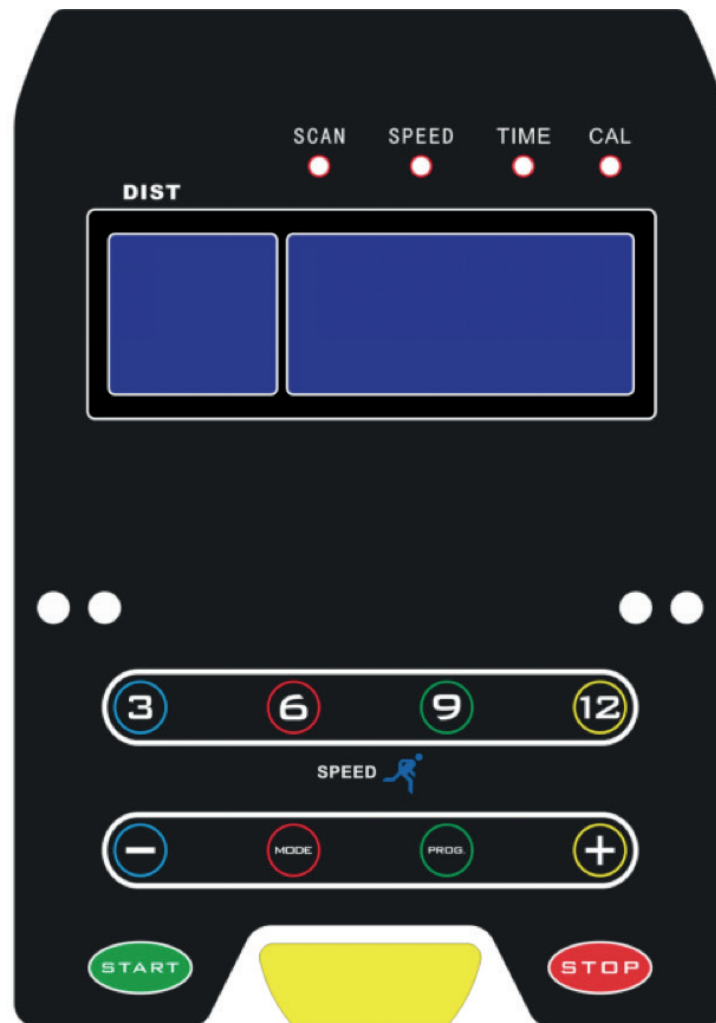
CAUTION: Do not allow children to touch the machine, the treadmill may fall.

GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

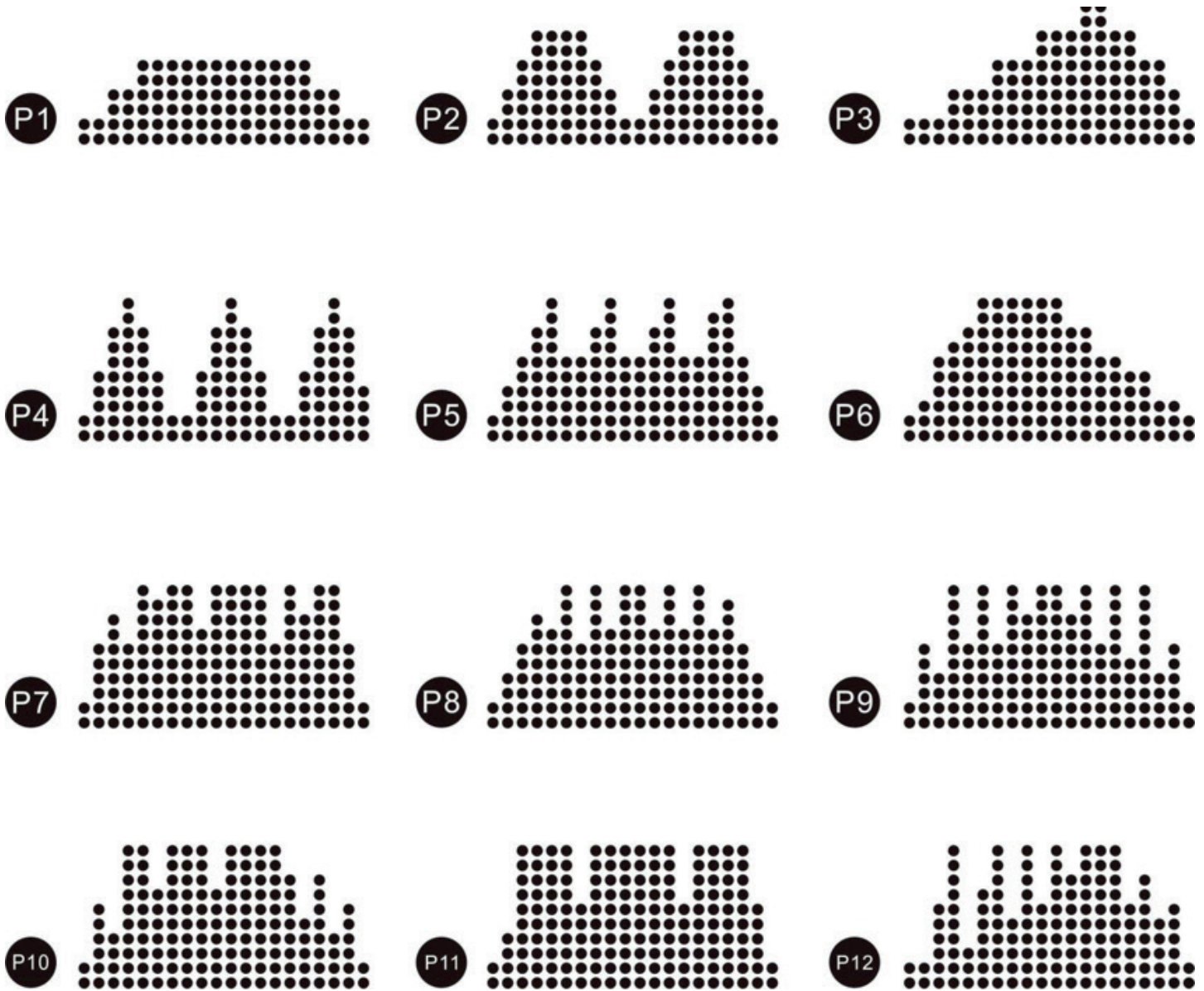
DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

LCD DISPLAY



- Press "START" key, the machine will start by 0.8 km/h after 3 seconds.
- Press "+" key to speed up and "-" key to slow down. The fastest speed is 12 km/h and lowest is 0.8 km/h.
- Press "MODE" key. The screen will show "SPEED", "TIME" and "CALORIES". The display will light from "SPEED", "TIME" and "CALORIES" every 5 seconds.

Display monitor has 12 programs from P1-P12. While on standby mode, press "PROG" to set the programs then press "START" to start the machine. For example, after activating the treadmill, press "PROG" immediately to enter the programs. Or press "STOP" 2 times to get in to standby mode.



While the machine is in use and running, during the auto programs the (-) and (+) keys are not available. If you want to stop the auto programs, select "STOP" or remove the safety key, then turn on again or palce safety key back on. Then select desired speed.

For emergency stop, please pull out the safety key. The machine will stop very slowly. Pull out safety key and the screen will show "Err", put it back and on it will show "OFF".

Press "STOP" key to stop the machine after using.

Before exercise, it is better to do stretching exercises. Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises, do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

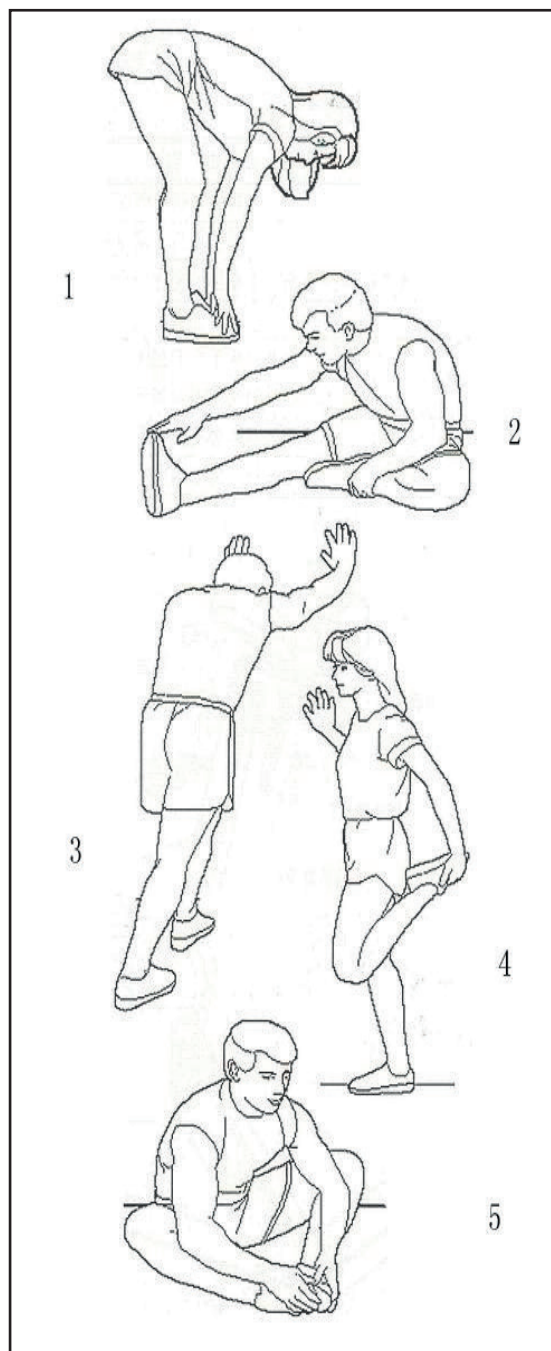
I. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure 1).

II. Hamstring stretch: sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. hand try to touch the toes. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).

III. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 3).

IV. Uadriceps stretch: the left hand wall or table to master balance, and then stretched his right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4)

V. Sartorius muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times(see Figure 5).



LUBRICATING THE BELT

RUNNING BELT AND DECK LUBRICATION

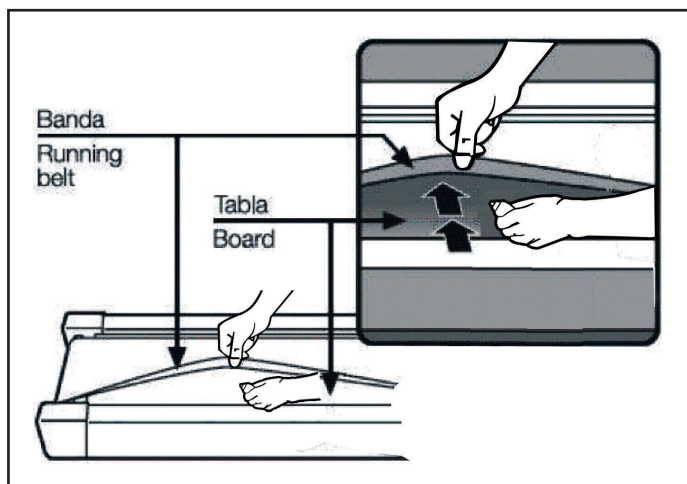
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

- | | | |
|------|--------------------------------------|--------------------|
| I. | Light user (less than 3 hours/ week) | annually |
| II. | Medium user (3-5 hours/ week) | every six months |
| III. | Heavy user (more than 5 hours/ week) | every three months |

Best indicator is to lubricate when the walking platform feels dry. We recommend that you buy the lubrication from our distributor or directly to our company.

Attention: Any repair need the professional technician.



I. We suggest that you should cut off the power for 10Mints after keep running 2HS ,so that it's good for maintain the treadmill.

II. For avoiding the slipping during running , the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt, the belt be away from the plates about 50-75mm on both sides ,if the best not too tight and loose.

We strongly recommend that you do the following:

1. Switch off and remove the power cable from the wall after every use, especially if children are present.
2. Clean your treadmill after use.
3. Use a dry cloth to clean the control panel and areas around the power switch. Use a soft clean cloth and cleanser to remove stubborn stains and dirt off the running belt.
4. Tighten the running belt once a month.
5. Keep your treadmill in a safe dry place away from heat and water.

RUNNING BELT ADJUSTMENT

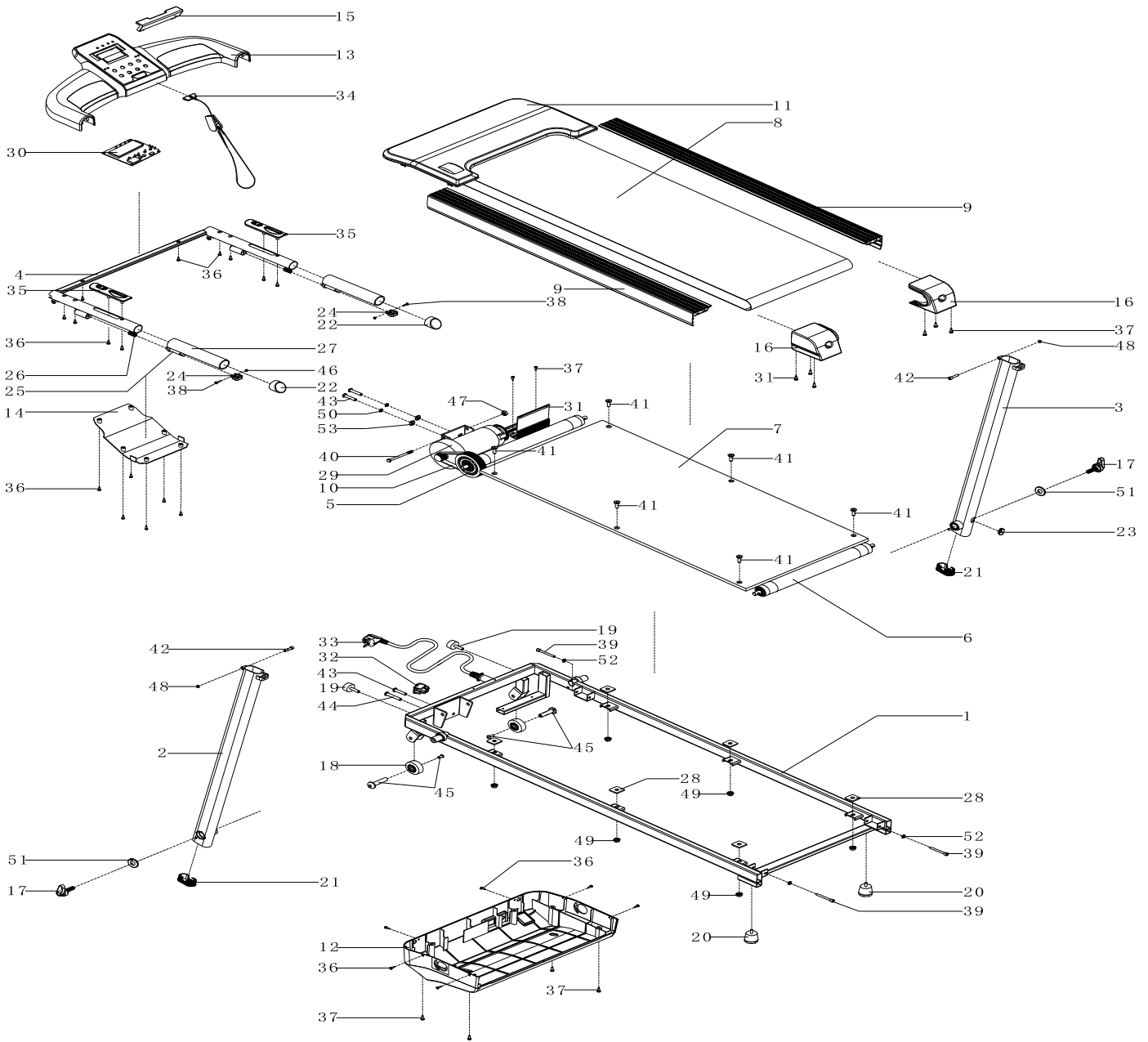


(1) Running belt deviates to left - Start the machine, set speed at 2-3 km/h without a load on the belt, use Allen key to turn the screw 1/4 turn (see fig. 1). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

(2) Running belt deviate to right - Start the machine, set speed at 2-3 km/h without a load on the belt, use Allen key to turn the screw 1/4 turn (see fig. 2). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

(3) Running belt jam - If the running belt is in dead condition, use the Allen key to turn the screw 1/2 a turn both left and right until the jam solved (see fig 3).

Error Code	Problem	Solution
ERR	The safety key is not on the yellow area of the panel.	Put safety key back on.
E2	Trouble with the control board or motor.	Try to change the control board. If it's not working, try to change the motor.
E4	Trouble with the connected line or console.	Try to change the connected line. If it's not working, try to change the consol.
E5	Overcurrent protection.	Restart.
E6	Trouble with motor.	Change the motor.
E7	Trouble with connected line.	Change the connected line.
E8	Overload protection.	Restart.
E9	Overheat protection.	Restart.
E10	Overvoltage protection.	Restart.
E11	Low-voltage protection.	Restart.
If you can not solve the problem, please contact your dealer.		



#	Description	Remark	QT
1	Main frame	Q235	1
2	Left upright tube	Q235	1
3	Right upright tube	Q235	1
4	handrail	Q235	1
5	Front roller		1
6	Back roller		1
7	Running boardMDF		1
8	Running belt	PVC	1
9	Side rail	PVC	2
10	Drive belt	170J5	1
11	Top motor cover	ABS	1
12	Bottom motor cover	ABS	1

#	Beschrijving	Opmerking	Aantal
13	Top panel cover	ABS	1
14	Bottom panel cover	ABS	1
15	IPAD holder	ABS	1
16	End caps	ABS	2
17	hand knob	ABS	2
18	Transport wheel	rubber	2
19	Supporting food pad	M8*L30	2
20	Food pad	φ 38*28	2
21	Oval plug		2
22	Round pipe plug		2
23	Connector wire plug		1
24	Pull ring		2
25	bolt		2
26	Compression spring		2
27	Sponge sheath		2
28	Damping washer		6
29	Motor		1
30	panel		1
31	Control board		1
32	switch		1
33	Power cord		1
34	Safety key		1
35	Pulse sensor		2
36	Philip' s truss head self tapping screw	ST4*16	22
37	Cross recessed pan head self drilling screw	ST4.2*16	12
38	Cross recessed pan head screw with pad	M4*20	2
39	Socket cap screw	M6*55	3
40	Hex screw	M10*110	1
41	Countersunk hexagon socket screw	M8*30	6
42	Socket cap screw	M6*25	2
43	Half round head hexagon socket screw	M8*35	3
44	Half round head hexagon socket screw	M8*40	1
45	Hexagon socket butt joint screw	M6*30	2
46	Self locking nutM4		2
47	Self locking nutM10		1
48	Self locking nutM6		2
49	Flange nut	M8	6
50	Spring washer	φ 8	2
51	Flat washer	φ 26	2
52	Flat washer	φ 6	3
53	Flat washer	φ 8	2

1. App installation for Android users:



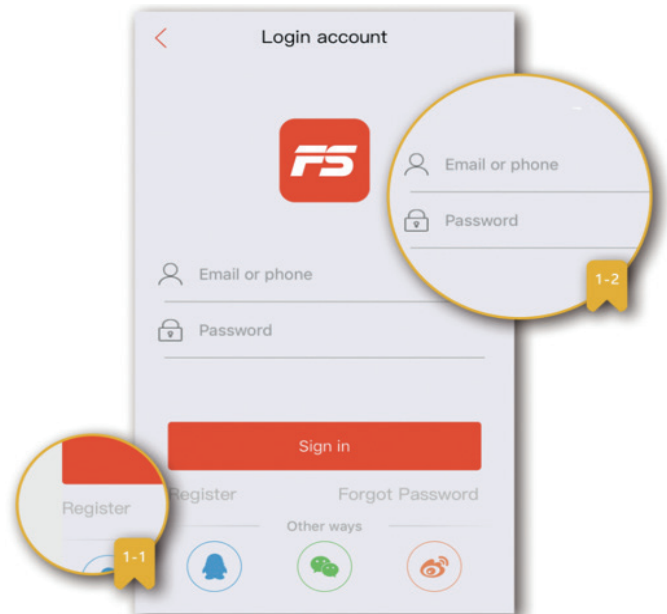
Scan the QR barcode to directly locate FitShow in the App Store on your device.

Note: In order to scan the QR Code, you must first download the QR reader app on your device. Available in both Apple Store & Google Play Store.

2. Creat a username and password

For first time users, you must sign up for a username and password in order to save your personal workout history. If you've already registered, please enter your surname and password to login.

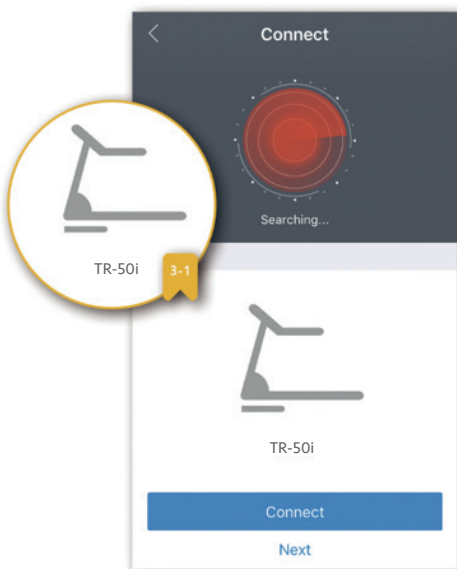
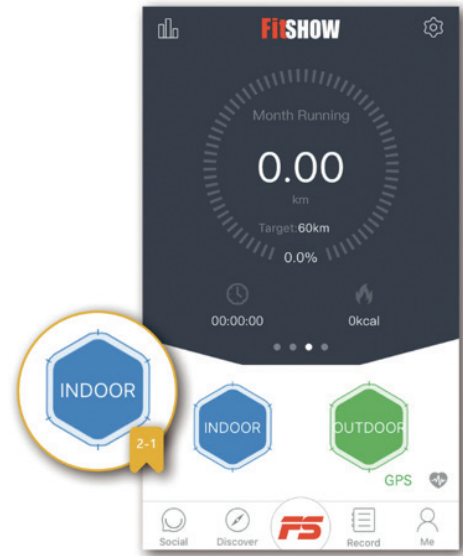
Please register with an email address or phone number then select a username and password for your FitShow account.



3. How to sync device

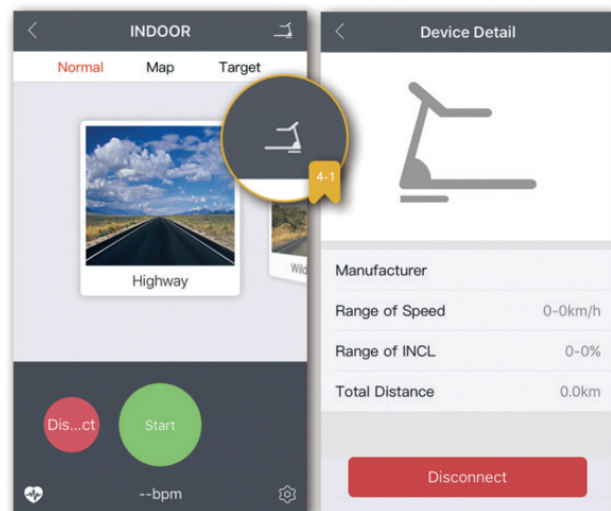
Enable Bluetooth on your device for indoor exercise. Simply click the red "INDOOR" button and begin exercising and the FitShow App will record your workout progress.

NOTE: Click the blue "OUTDOOR" button to access GPS mode, enabling you to continue tracking your workout history while running outdoor.

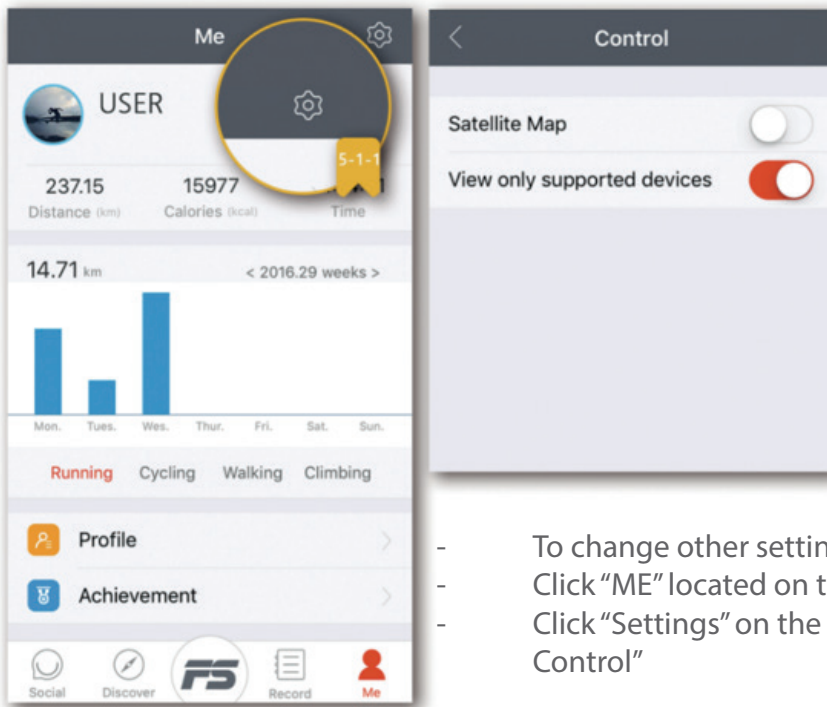


With bluetooth enabled, it will automatically locate your device. Connect to the corresponding device to ensure proper intergration.

Once connected, if you click image of device, the Device Details will appear, displaying the obtainable range of specifications.



4. Operational instructions



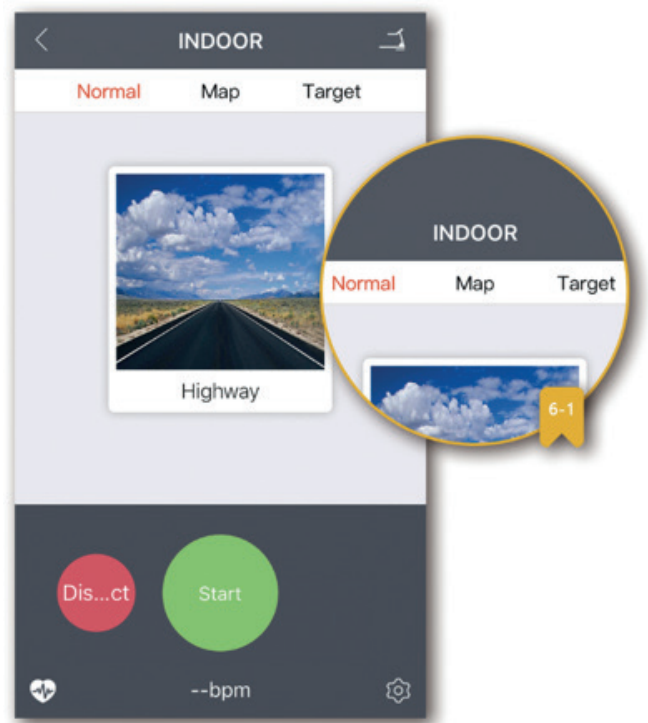
View only supported devices:

Only related fitness equipment will be shown, when synced with Bluetooth.

- To change other settings, follow these instructions:
- Click "ME" located on the bottom right.
- Click "Settings" on the bottom and click "Enable Control"

Once connected, the App will display four modes, you can select one mode and click "START" button to begin exercising.

WARNING: Move with caution while exercising and using the App as multitasking may be a distraction.



5. Start exercising



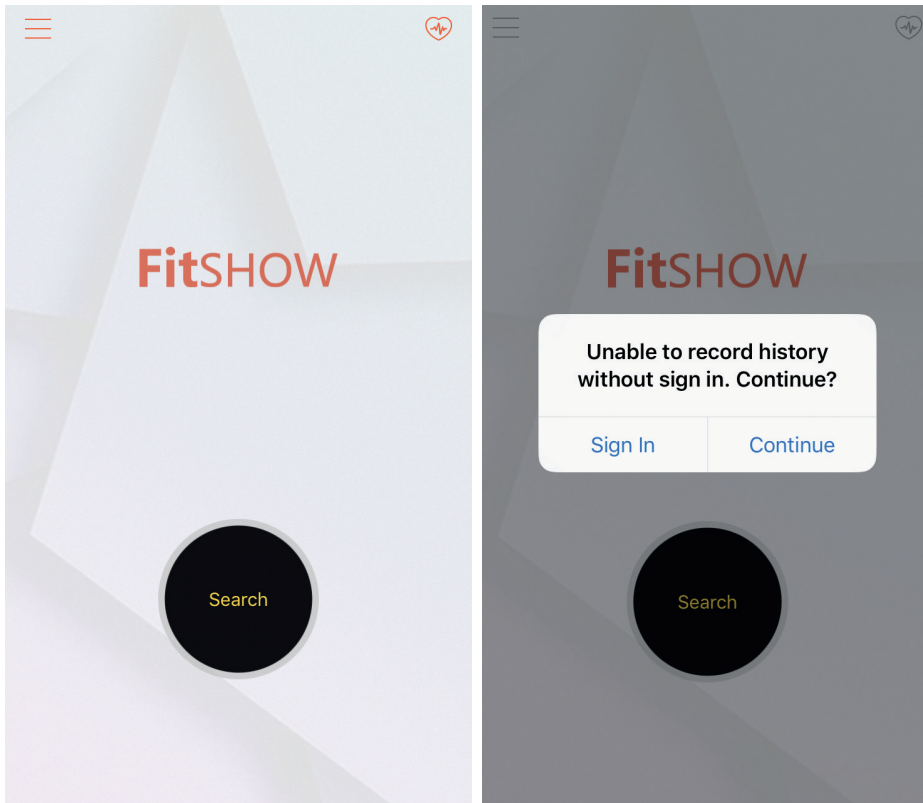
Once you begin exercising, your workout progress of Time Elapsed, Calories Burned, Distance Traveled, Steps Per Minute, Heart BPM, Average Speed, and Average Pace will be displayed. Once you've completed your workout, hit the "STOP" button and the FitShow will save this record in your workout history.

1. App installation for iOS users:

Download the FitShow Lite app from the App Store.

2. Open the App.

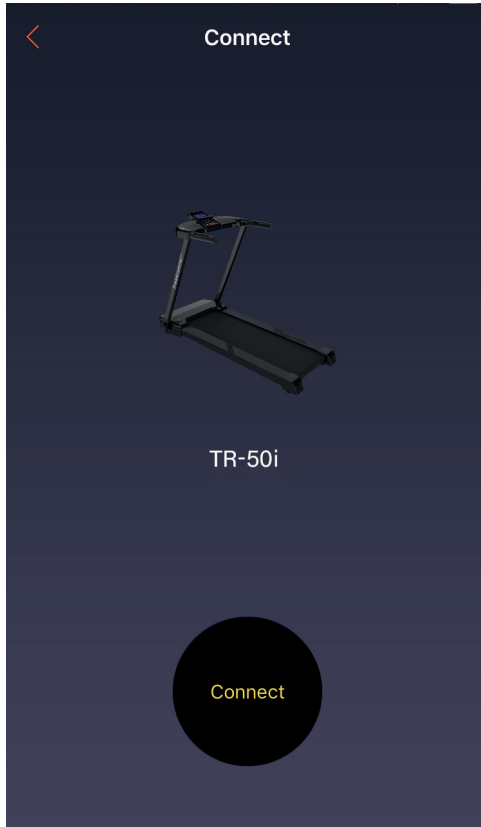
Click on "Search" to search your fitness device. The app will ask you now to log in or to continue as a guest.



For the first use you can sign up. Enter a username and password to save your personal training history. If you already registered, enter your username and password to log in.

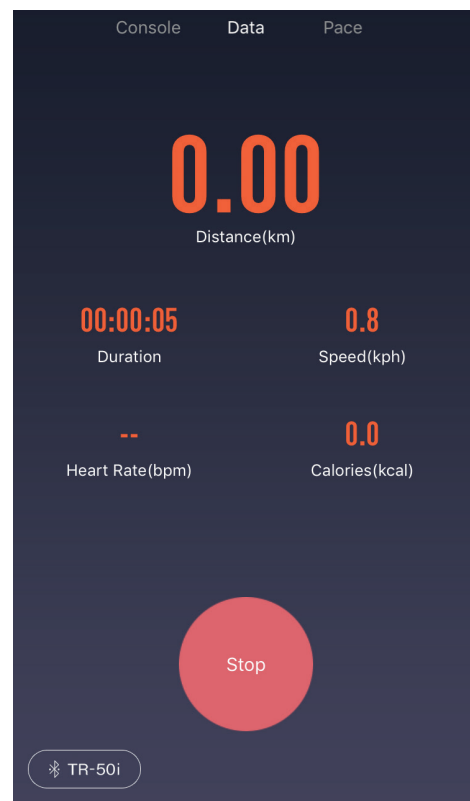
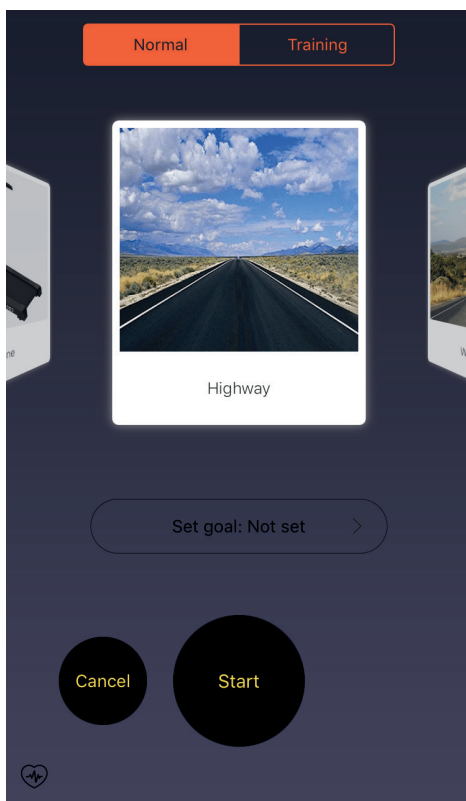
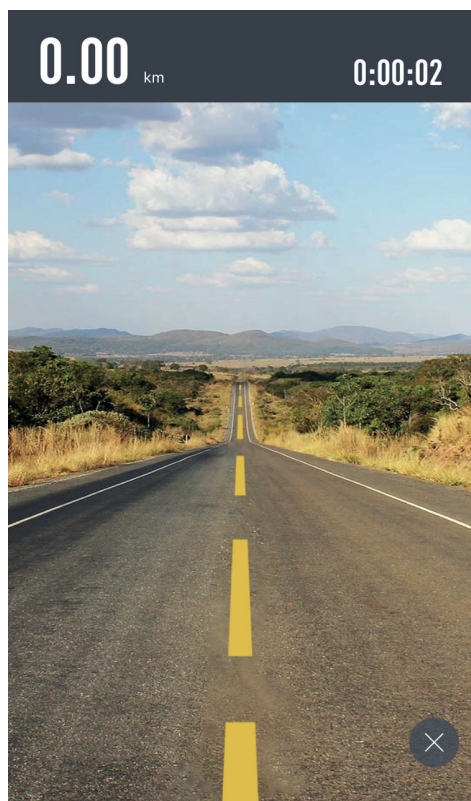
3. Connect to the fitness device

After you have logged in or continued as a guest, the app will search for the fitness device. Make sure you are near the fitness device and the Bluetooth is turned on. Then you will see your device in the list and select it.



4. Start training

Select a training mode and start the training. During the training you can view the data and possibly use a scene. When you have finished the training, select "STOP". If you have created an account, the app will remember your data.



1. EXTEND SERVICE LIFE

1. When you use the treadmill, always stand on the rails before the treadmill starts. Once the belt is running, you can start exercising on the running deck. In this way the engine is the least taxed.
2. After using the treadmill, switch off the switch (on / off). Do not use the emergency stop unnecessarily, only in cases of emergency. In this way, the PCB is the least loaded.
3. After each use, the treadmill should be cleaned with a damp cloth and soft soap. If the perspiration is not removed in time, corrosion can occur.
4. The running deck should be lubricate periodically with Vaseline or silicone oil. The greasing of the plank should be done on average once every 2 months, depending on the use. If it is dehydrated it will run less smoothly and it will cause more noise.
5. Do not place the treadmill in a room with high humidity. So for example not in a shed or a room where the washing machine is.
6. Check the bolts every six months and tighten if necessary.
7. Be sure to unscrew the engine compartment of the treadmill once a year (the treadmill must be turned off). You can clean the dust of the treadmill including the ventilation part of the engine.

2. ASSEMBLY

1. Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the treadmill. Some parts (bolts, screws, etc.) are already attached to / in the treadmill.
2. 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 after the installation of your treadmill? Then you should bend these aluminum feet straight again, this may cause the error to disappear.
3. Socket screws: The treadmill 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.
4. Running plank: Make sure that the belt of the treadmill at all times has a clearance of between 5 and 7 cm in relation to the treadmill. You can test this by standing in the middle of the running deck (on the foot rails) and pulling the belt up on both sides. You can obtain an audiovisual explanation from your supplier.

3. DEFECTS

1. Pulse sensor display does not work: This can have various causes. 1. The sensor cables running from the pulse 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.
2. Running belt: If the treadmill deviates to the left or to the right, you can easily solve it. If the running belt deviates to the left, insert the Allen key in the left side of the tensioner and tighten it. If the walking belt deviates to the right, insert the Allen key into the right side of the tensioner and tighten it. You tighten it by turning the hex key clockwise. You can obtain an audiovisual explanation through your supplier.
3. Beating sound: A beating sound is normal and can be heard on every treadmill. The band is made in the middle and this ensures that a light beating sound is heard when the treadmill is on.
4. Treadmill jerks when running: The tread floats over a smooth plate, which carries your weight. Every time you place your feet on the tread, it touches the underlying plate. This underlying plate must always be smooth so that the tread is not pinched by your own weight and / or the underlying plate, but continues to slide over the underlying plate. Lubricate the plank regularly to prevent this.
5. Treadmill does nothing: With every treadmill a "Safety Key" must be placed on the display, see the manual. If it is not on the display, the treadmill will not do anything.

4. EMERGENCY STOP

If you want to activate the emergency stop (in connection with small children or for other reasons), you can remove the safety key after your use. At all times, the main switch must first be switched off before you do this.

If you have any questions or missing parts, please contact your dealer.