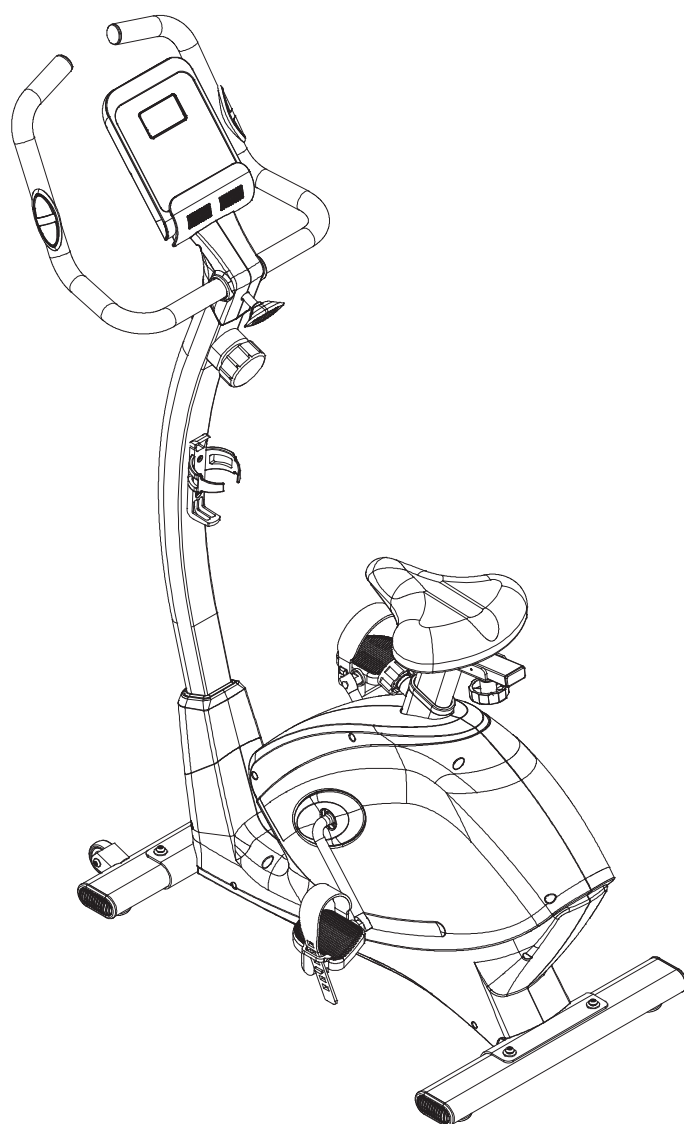


virtuafit

Easy Fit Hometrainer

User manual



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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 device 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 device. Safe and effective use can only be achieved if the device is assembled, maintained and used properly. It is your responsibility to ensure that all users of the device 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 device 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 device. The device is designed for adult use only.
- Use the device on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the device should have at least 0.5 metres of free space all around it.
- Before using the device, check that the nuts and bolts are securely tightened.
- The safety of the device can only be maintained if it is regularly examined for damage and/or wear and tear.

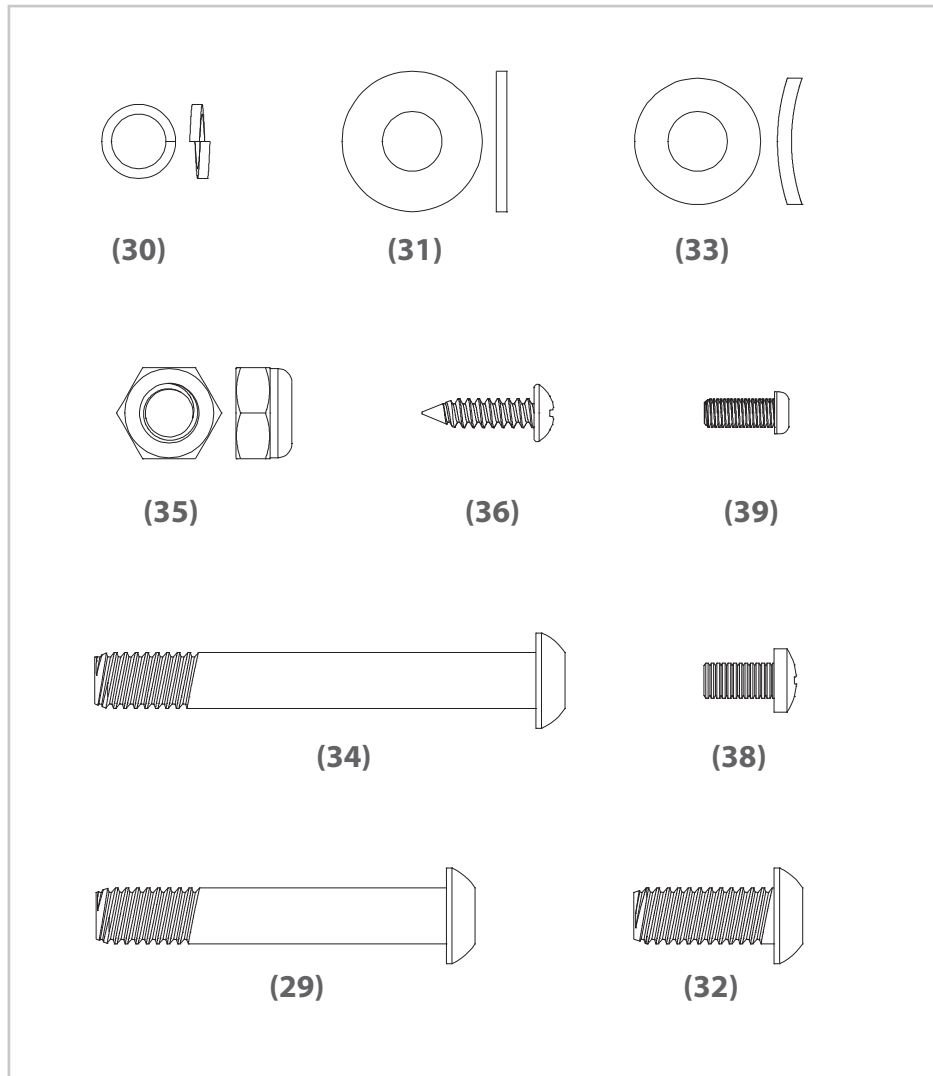
- Always use the device as indicated. If you find any defective components while assembling or checking the device, or if you hear any unusual noises coming from the device during use, stop immediately. Do not use the device until the problem has been rectified.
- Wear suitable clothing while using the device. Avoid wearing loose clothing that may get caught in the device or that may restrict or prevent movement.
- The max user weight is 150 KGS. Braking ability is independent of speed.
- The device is not suitable for therapeutic use.
- Care must be taken when lifting or moving the device 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 device 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.
- Only use the machine in an environment with an ambient temperature between 10 °C and 35 °C. Only store the device at an ambient temperature between 5 °C and 45 °C.

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 device 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:

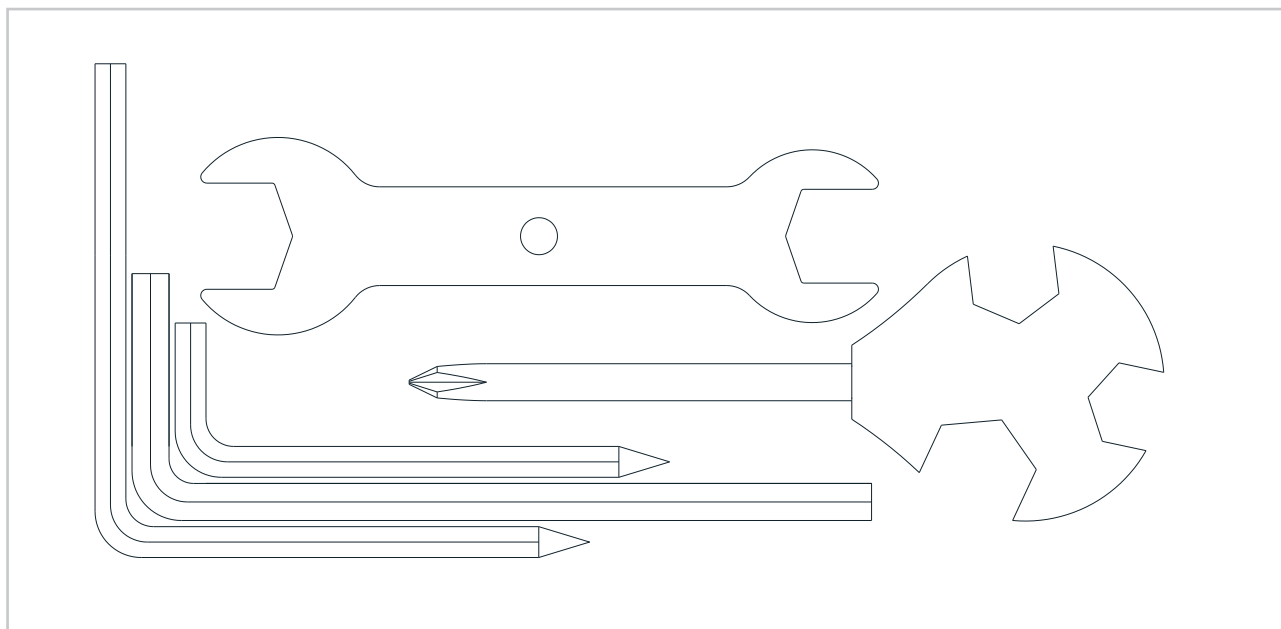


#	DESCRIPTION	QTY
29	Allen C.K.S. half thread screw	4
30	Spring Washer	7
31	Flat Washer	7
32	Allen C.K.S. full thread screw	2
33	Curved washer	2

#	DESCRIPTION	QTY
34	Allen C.K.S. full thread screw	3
35	Hex self-locking nut	2
36	Philips C.K.S. self-tapping	2
38	Philips pan head full thread	4
39	Philips pan head full thread	4

TOOLKIT

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



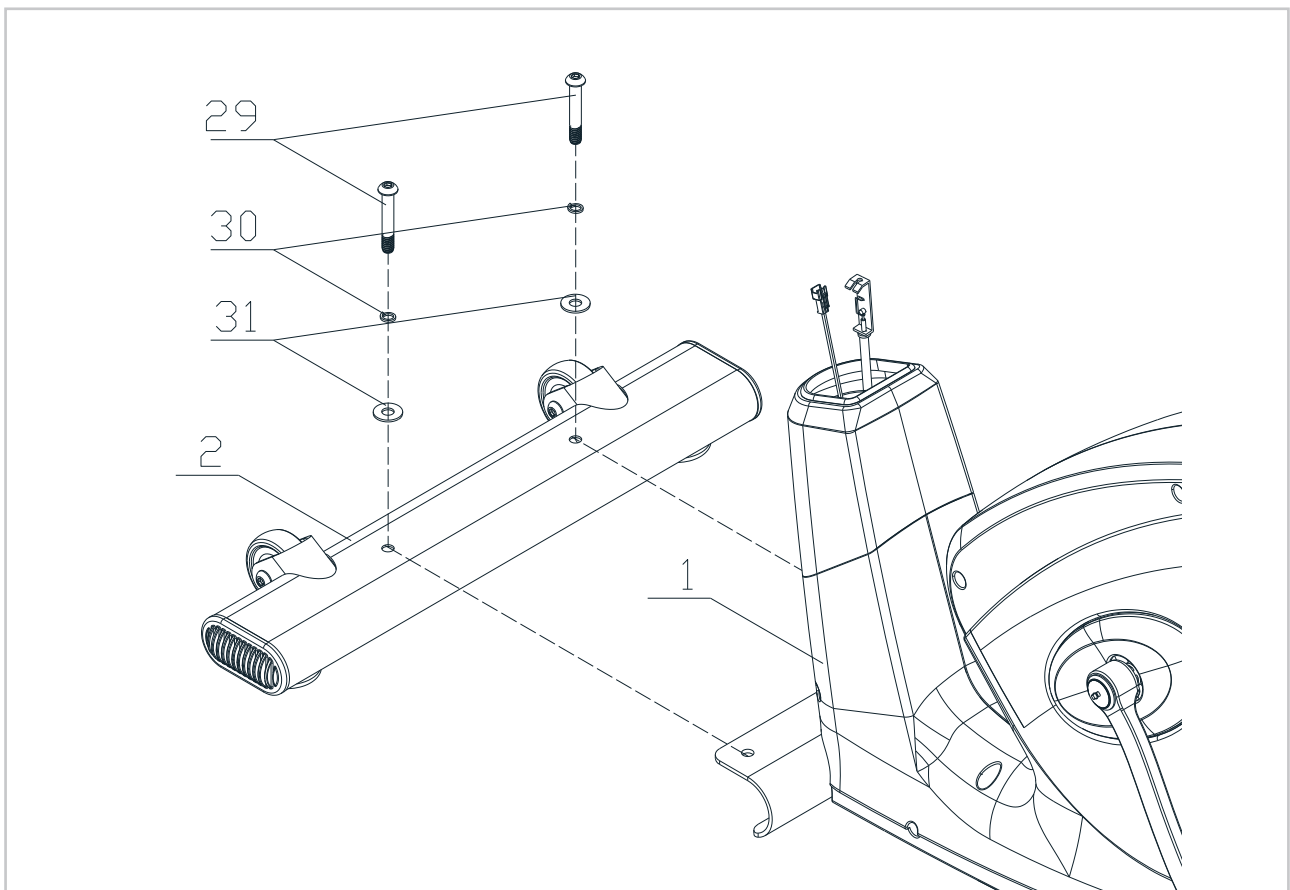
#	DESCRIPTION	QTY
29	L Allen wrench 5×35×80S	4
30	L Allen wrench 6×40×120	7
31	Open Spanner 15#&17#	7
32	Cross open wrench	2

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.

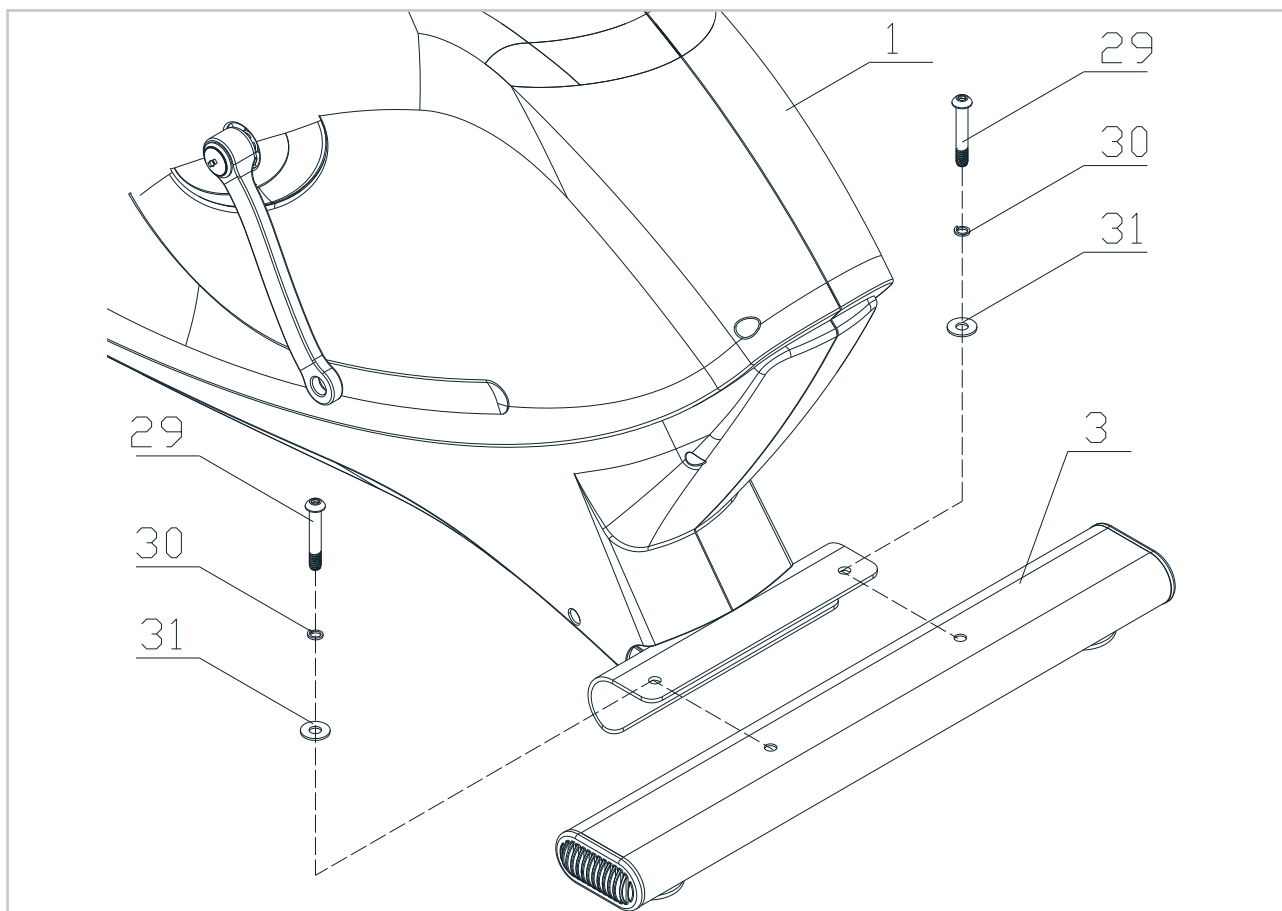
Socket screws: The hometrainer contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



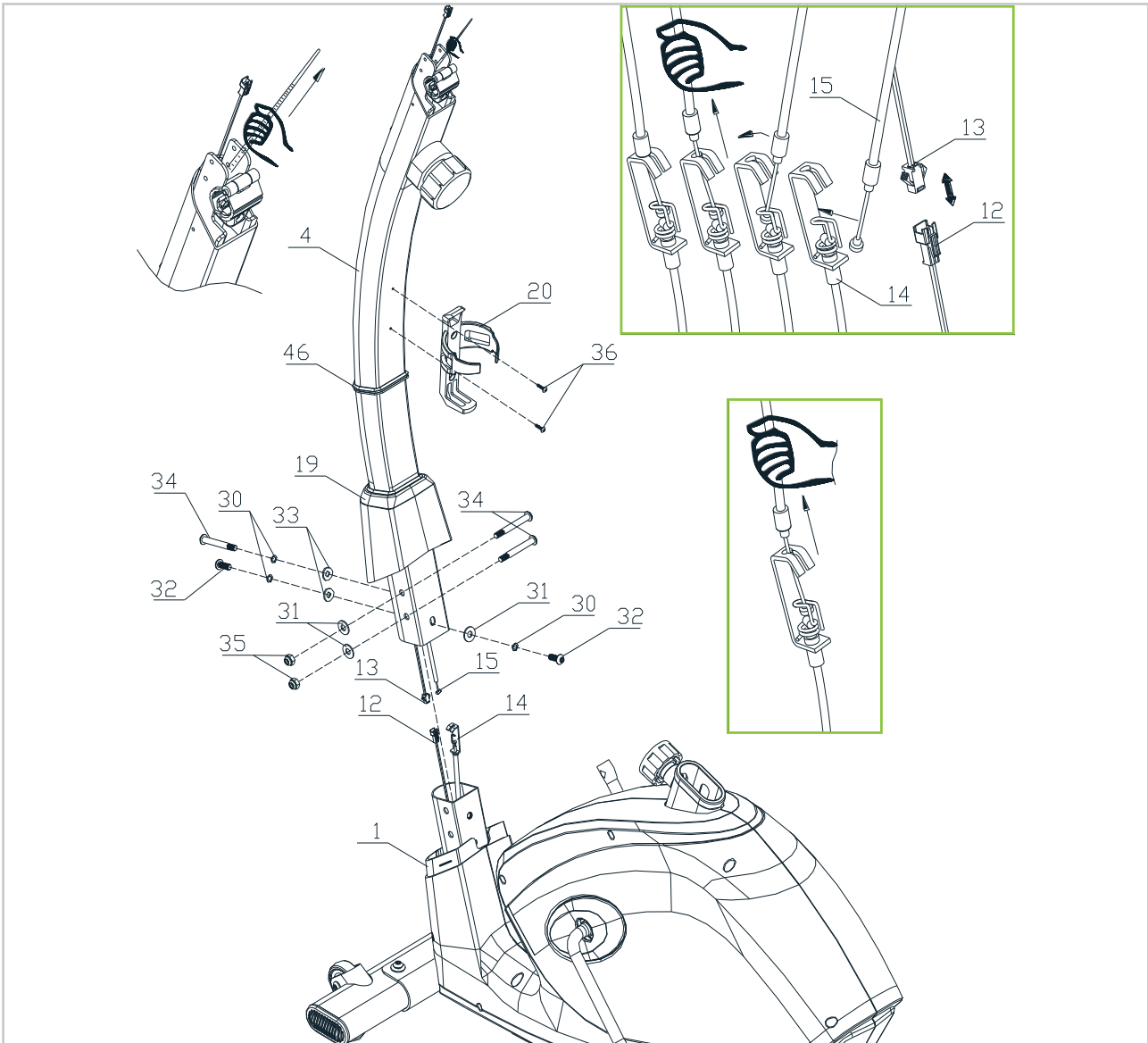
- Attach the front stabilizer (2) to the main frame (1) with flat washer (31), spring washer (30) and Allen C.K.S. half thread screw (29).

STEP 2



- Attach the rear stabilizer (3) to the main frame (1) with flat washer (31), spring washer (30) and Allen C.K.S half thread screw (29).

STEP 3

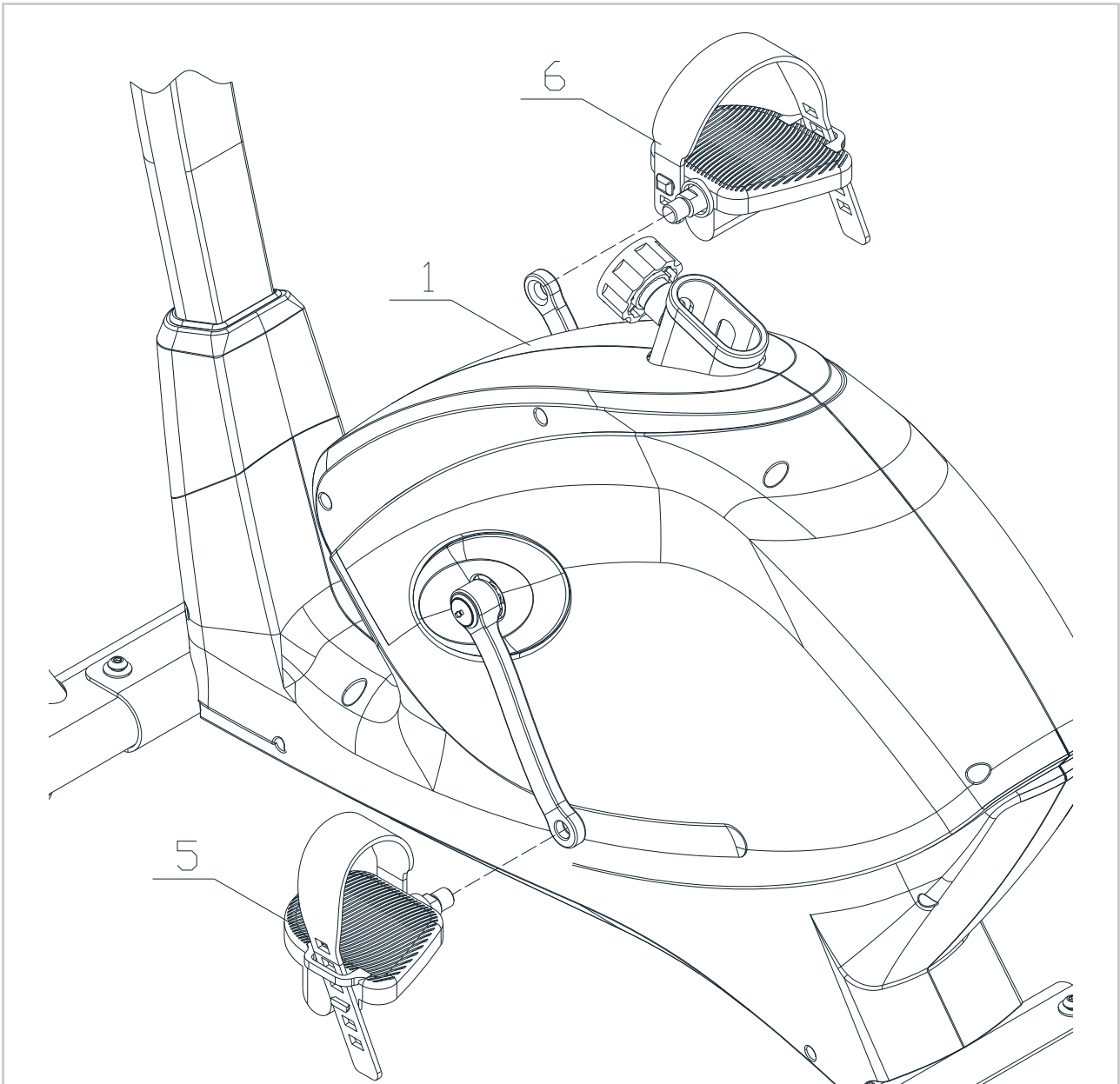


- Attach the Upright post decoration strip (46) to the upper right upright post (4), take the down upright post cover (19) off from the main frame (1) and cover it on the upper upright post (4).
- Connect Magnetic sensor wire (12) and console communication wire (13), connect the resistance adjust knob wire (14) and resistance adjust knob outlet (15).
- Attach upper upright post (4) to the main frame (1) with curved washer (33), spring washer (30), Allen C.K.S. half thread screw (34) and flat washer (31), spring washer (30), Allen C.K.S. full thread screw (32) and flat washer (31), Allen C.K.S. half thread screw (34), Hex self locking nut (35), curved washer (33), spring washer (30) and Allen C.K.S. full thread screw (32).

- Attach upright post cover (19) and upright post decoration strip (46) to the main frame (1).
- Attach the bottle holder (20) to the upper upright post (4) with Phillips C.K.S. full thread screw (36).
- After assembling the upright post, pull up the white tie in the upper upright post to ensure the fluency of the brake line. After the tie is in place, put it back in the upper upright post.

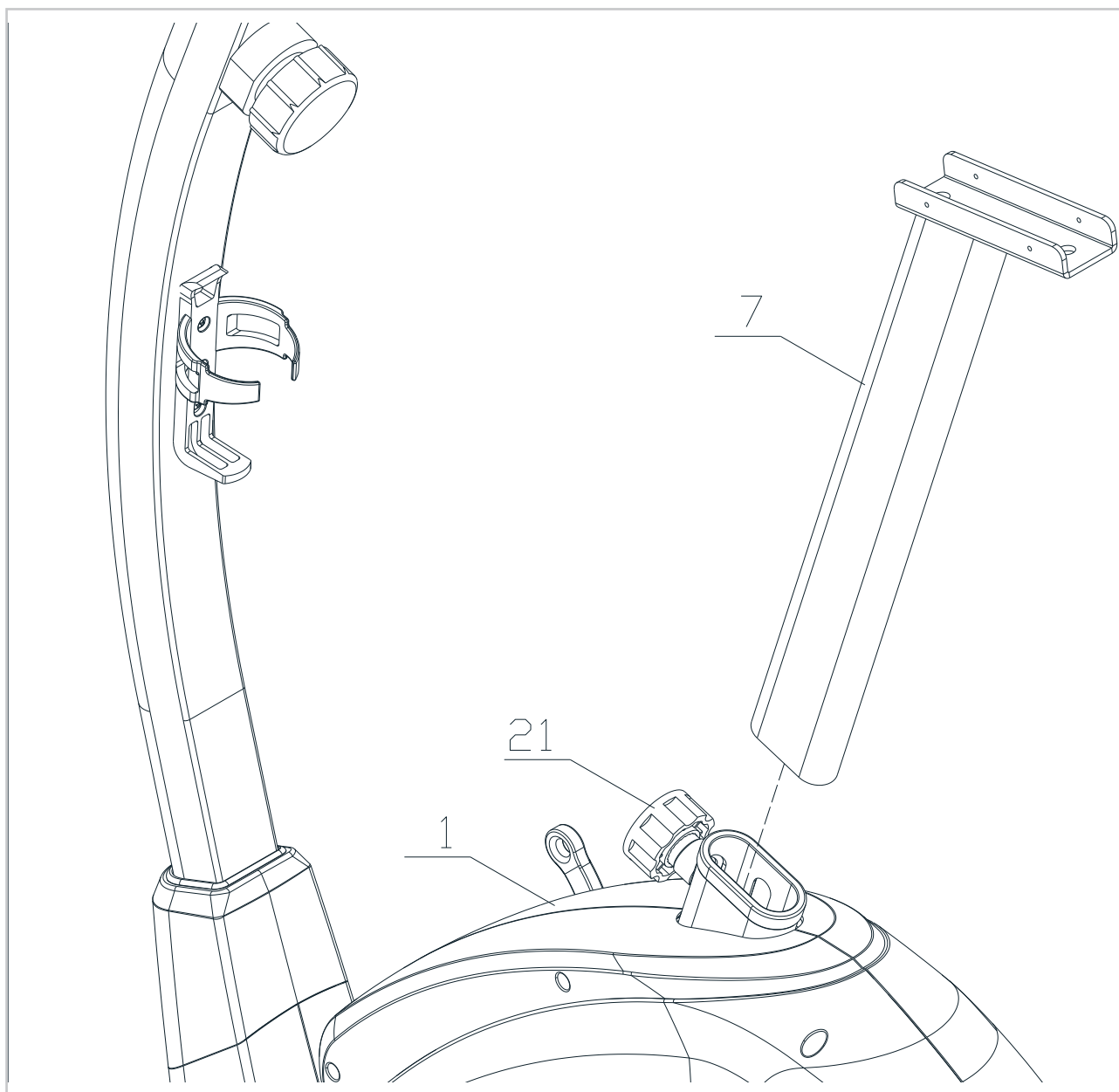
TIP! *Put the communication wires and resistance adjust knob wire into the upright post, and make sure all screws are in the hole before tighten all the bolts.*

STEP 4



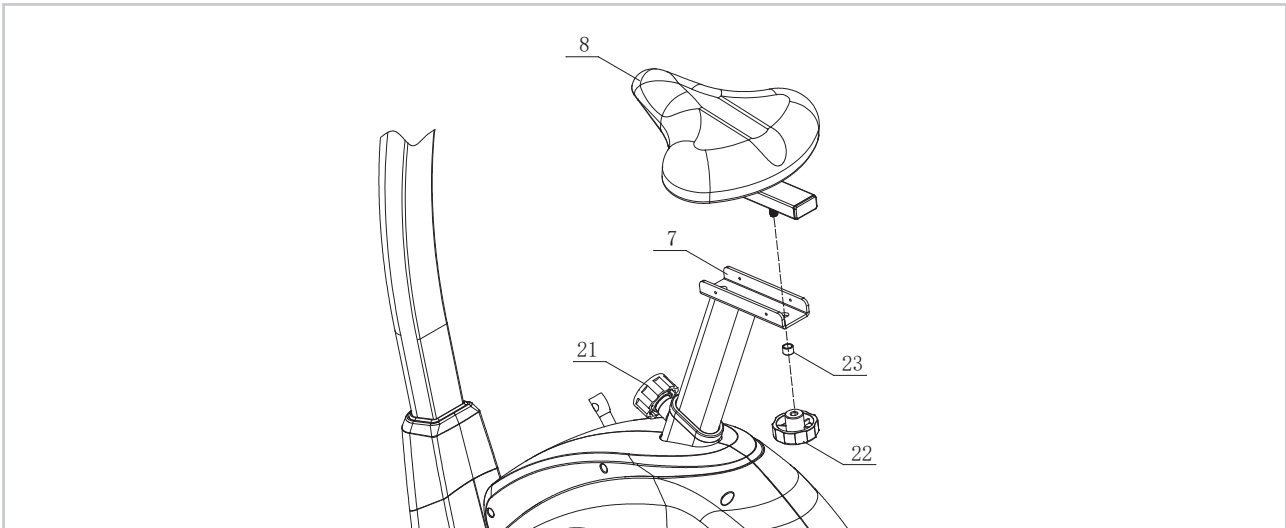
- Attach the Pedal (L) (5) and Pedal (R) (6) to the main frame (1), then tighten the bolts.

STEP 5



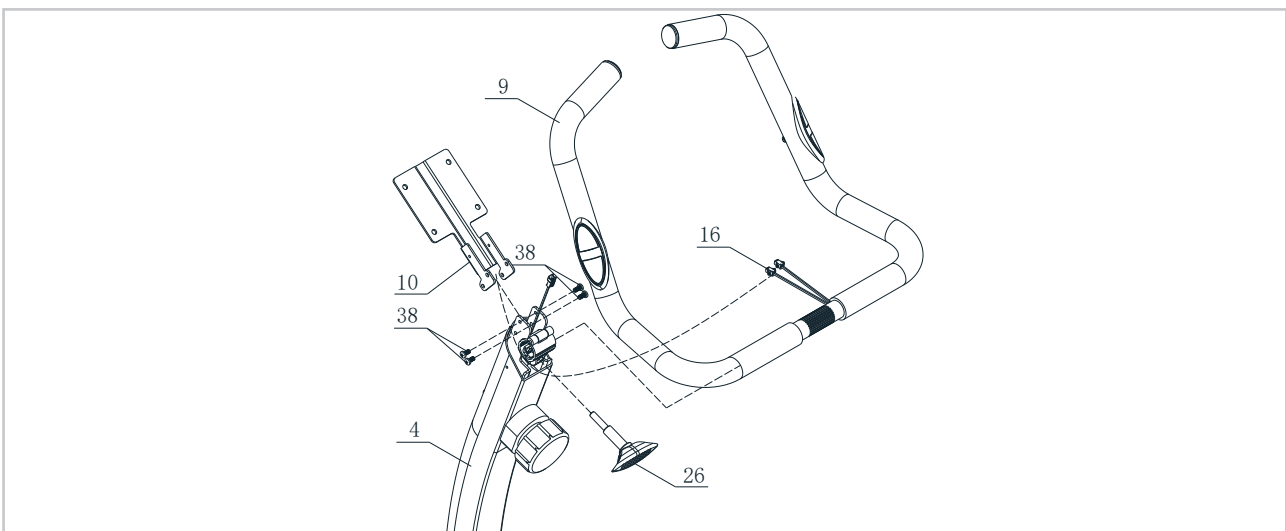
- Loose the Rotary hand bolt (21), attach the Saddle post (7) to the main frame (1), then tighten the Rotary hand bolt (21) .

STEP 6



- Attach the saddle (8) to the saddle post (7), use the handlebar rotary knob (22) and bushing (23) to tighten.

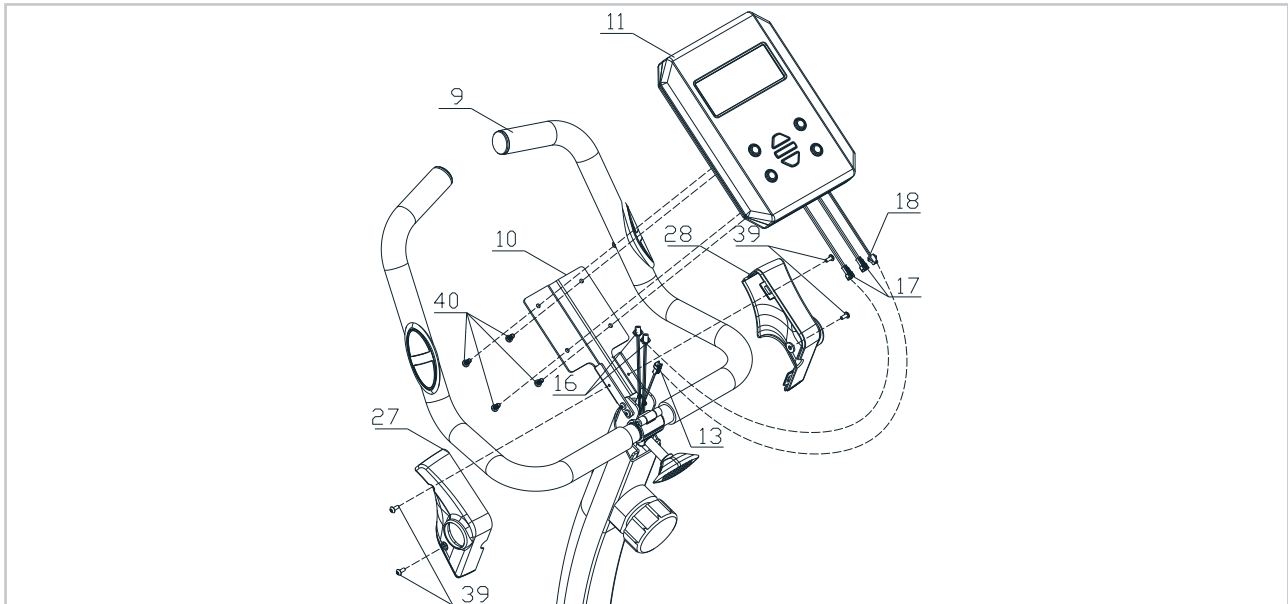
STEP 7



- Handle pulse connection wire (16) through the upright post (4), and attach the handlebars (9) to upright post (4), tighten with T shaped rotary knob (26).
- Attach console fixed piece (10) to the upright post (4), tighten with Philips Pan head full thread screw(38).

TIP! Make sure all screws are in the right hole before tighten all the bolts.

STEP 8



- Connect the console communication wire (13) and console connection wire (18), connect the handle pulse connection wire (16) and console pulse outlet wire (17).
- Attach the console (11) to the console fixed piece (10), tighten with Phillips C.K.S full thread screw (40) and flat washer (83).
- Attach the handlebar cover L (27) and handlebar cover R (28) through the handlebars (9) to the upright post (4), tighten with Philips C.K.S full thread screw (39).

TIP! Make sure all screws are in the right hole before tighten all the bolts.

LEVELING THE DEVICE

Always make sure that the exercise bike is on a stable surface. If in doubt, you can always place a rubber mat under your exercise bike so that you get more grip on your floor. If you do need to adjust the exercise bike slightly, you can compensate the exercise bike for the uneven surface with a simple turn of the adjustable ends on both sides of the frame.

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 this will make the device unstable. Loosen the knob under the seat and pull the knob out to loosen the seat post. To obtain the ideal seat height, you must observe the following guideline; the highest pedal should be about your knee and the saddle should be just above your waist.

ADJUSTING THE HANDLEBAR

Unlock the button and then adjust the angle of the handlebar to a suitable position.

MOVING THE HOMETRAINER

Om de hometrainer te verplaatsen, druk het stuur naar beneden totdat de transportwielen aan de voorste stabilisator de grond raken. Met de transportwielen op de grond kunt u de hometrainer gemakkelijk naar de gewenste plek vervoeren.

HAND PULSE SENSORS

Hand pulse sensors

This VirtuFit fitness equipment is provided with hand pulse sensors for measuring the heart rate. The hand pulse sensors are located on the handlebars. The hand pulse sensors are only working if they are touched both at the same time for a couple of seconds. For accurate measurement it is important to have slightly moist hands and to use a constant pressure on the sensors. Too dry or too moist hands can result in less accurate measurement of the heart rate.

NOTE! *Do not use the hand pulse sensor in combination with a wireless heart rate transmitter to prevent errors.*

WARNING

- Consult a physician if you have a pacemaker, before using a wireless heart rate transmitter.
- If there are more than one heart rate measurement devices in one room, please make sure to keep distance to the other devices to prevent inaccurate measurement or errors.
- Always try to keep the wireless heart rate transmitter in a close distance of 1 meter from the console.
- Always wear a wireless heart rate transmitter directly on the body under your clothes.

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 device.

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 that the rail and the wheels under the seat are 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.

CLEANING

Cleaning: General cleaning of the device will extend the life of the hometrainer. Hold clean the hometrainer by dusting regularly.

In addition, wear clean shoes to reduce the risk of contamination of the hometrainer. Remove the hood at least once a year to vacuum underneath.

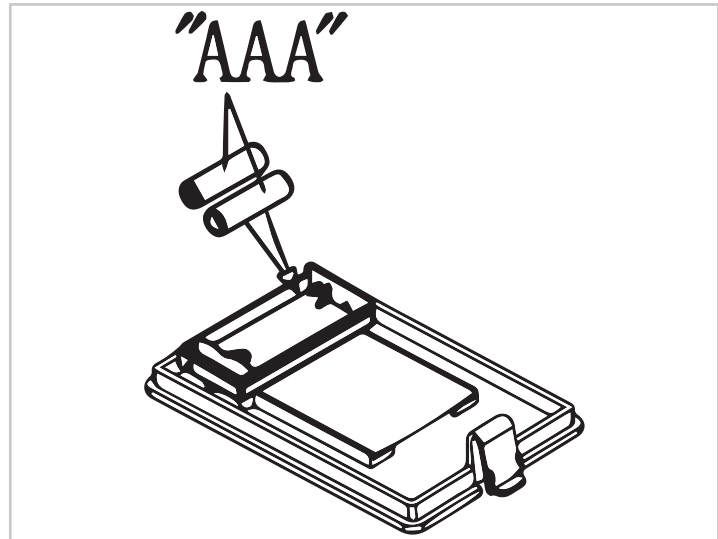
NOTE! *Use a dry cloth to clean the control panel and areas around the power switch. Use a soft, clean cloth and detergent to remove stubborn stains and dirt from the hometrainer.*

BATTERY

AAA BATTERY

The monitor uses on "AAA" battery. You can replace the battery through the back of the unit.

The batteries must be installed correctly. If the screen is unreadable or only parts of the image work, follow the next step: Remove the batteries and wait 15 seconds, then reinsert the batteries correctly.



ADVICE FOR HANDLING BATTERIES

1. Remove the batteries when they are exhausted or if you do not use the product for an extended period of time in order to avoid hazards through leaking batteries.
2. Do not recharge batteries nor disassemble or throw them into fire. Danger of explosion!
3. Pay attention to the polarity (+) and (-). Always replace all the batteries; do not mix old and new batteries, or different battery types.
4. Use preferably alkaline batteries, as they have a longer operation time than usual zinc-carbon batteries.
5. A change of batteries is necessary when the display becomes weaker or completely faded.

CHANGING THE BATTERIES

1. If you see an improper display on the monitor, please replace the batteries to have a good result.
2. Please use 2 pcs of 1.5v AAA batteries as a power supply.

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.

Exercise bike squeaks

If necessary, lubricate parts with silicone spray. Check that all nuts and bolts are tightened. It may be that a screw is too loose or too tight, this creates friction and makes the bike appear to squeak.

Ticking sound

It is possible that the flywheel (in the housing) comes against a cable with each pedaling movement. This may be disturbing but will not permanently damage your crosstrainer. To fix this, open the housing and move the cable or fix it with for example a tie wrap.

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.

ERROR CODE	REASON	SOLUTION
No data shown on display, date shown on display fades	Battery power runs out	Replace battery
Date shown on display are not complete or mussy	Battery power runs out, or controller is defected	Replace battery or/and controller
No date is shown on display during running	Poor wire connection, sensor not connect well or fall off, distance between sensor and magnetic is too far away	Check/replace wire, replace sensor, adjust distance between sensor and magnetic
ER1	Forget to hold the pulse sensor when testing body fat Fat measuring function	Hold the pulse sensor, after all date are entered for body fat measurement
No heart rate data is shown on display	Controller is defected, pulse sensor wires are not connected well or defected	Replace controller or/and handle pulse wires

CONSOLE



BUTTON	FUNCTION
UP	<ul style="list-style-type: none"> Press UP Key to increase value. Press and hold the key to increase value faster.
DOWN	<ul style="list-style-type: none"> Press DOWN Key to decrease value. Press and hold the key to decrease the value faster.
MODE	<ul style="list-style-type: none"> Choose each function by pressing MODE key. Press and hold MODE key for 2 seconds to reset all functions (same feature as the reset key if press for 2
RESET	<ul style="list-style-type: none"> In setting mode, press RESET key once to reset the current function figures. Press RESET key and hold for 2 seconds to reset all function figures.
RECOVERY	Heart rate recovery test
BODY FAT	Test body fat% and BMI.
RESET	Console will restart over.

FUNCTIONS

FUNCTION	EXPLANATION
SCAN	<ul style="list-style-type: none"> • In SCAN mode, press MODE key to choose functions. • Automatically scan through each mode in sequence every 6 seconds. • The sequence of display when press MODE/ENTER key : TIME->DIST->CAL ->PULSE->RPM/SPEED.
SPEED	<ul style="list-style-type: none"> • Without any signal being transmitted into the monitor for 4 seconds during workout, SPEED will display "0.0".
RPM	<ul style="list-style-type: none"> • Without any signal being transmitted into the monitor for 4 seconds during workout, RPM will display "0".
TIME	<ul style="list-style-type: none"> • Without setting the target value, time will count up. • When setting the target value, time will count down from your target time to 0 and alarm will sound or flash. • Without any signal being transmitted into the monitor for 4 seconds during workout, time will STOP.
DISTANCE	<ul style="list-style-type: none"> • Without setting the target value, distance will count up. • When setting the target value, distance will count down from your target distance to 0 with an alarm sound or flash.
CALORIES	<ul style="list-style-type: none"> • Without setting the target value, calorie will count up. • When setting the target value, calories will count down from your target calorie to 0 with an alarm sound or flash.
PULSE	<ul style="list-style-type: none"> • Current pulse will display after 6 seconds when detected by the console. • Without any pulse signal for 6 seconds, console will display "P". • Pulse alarm will sound when current pulse is over the target pulse.

OPERATION

POWER ON

- LCD will display all segments for 1 second as Drawing 1



Drawing 1

POWER OFF

- Without any signal being transmitted into the monitor for 4 minutes the monitor will enter SLEEP mode.

OPERATION

- Press MODE-key to select the function of TIME, DISTANCE, CALORIES and PULSE. Use UP or DOWN for setting and press MODE key for confirmation.
- For instance the time set up, when the time value is blinking, you can use UP and DOWN (to adjust the number. Press MODE key for confirmation and skip to next set up. The set up of DISTANCE, CALORIES and PULSE is the same as TIME set up.
- Once the workout begins and the console picks up the exercise signal, the value of SPEED/RPM, TIME, DST and CAL will count up on the display.

RECOVERY

- The RECOVERY key will only be valid if pulse is detected.
- TIME will show "0:60" (seconds) and counts down to 0. Computer will show F1 to F6 after the countdown to test heart rate recovery status. User can find the heart rate recovery level based on the chart below.
- Press RECOVERY key again to return to the beginning.

F1	Outstanding
F2	Excellent
F3	Good
F4	Fair
F5	Below average
F6	Poor

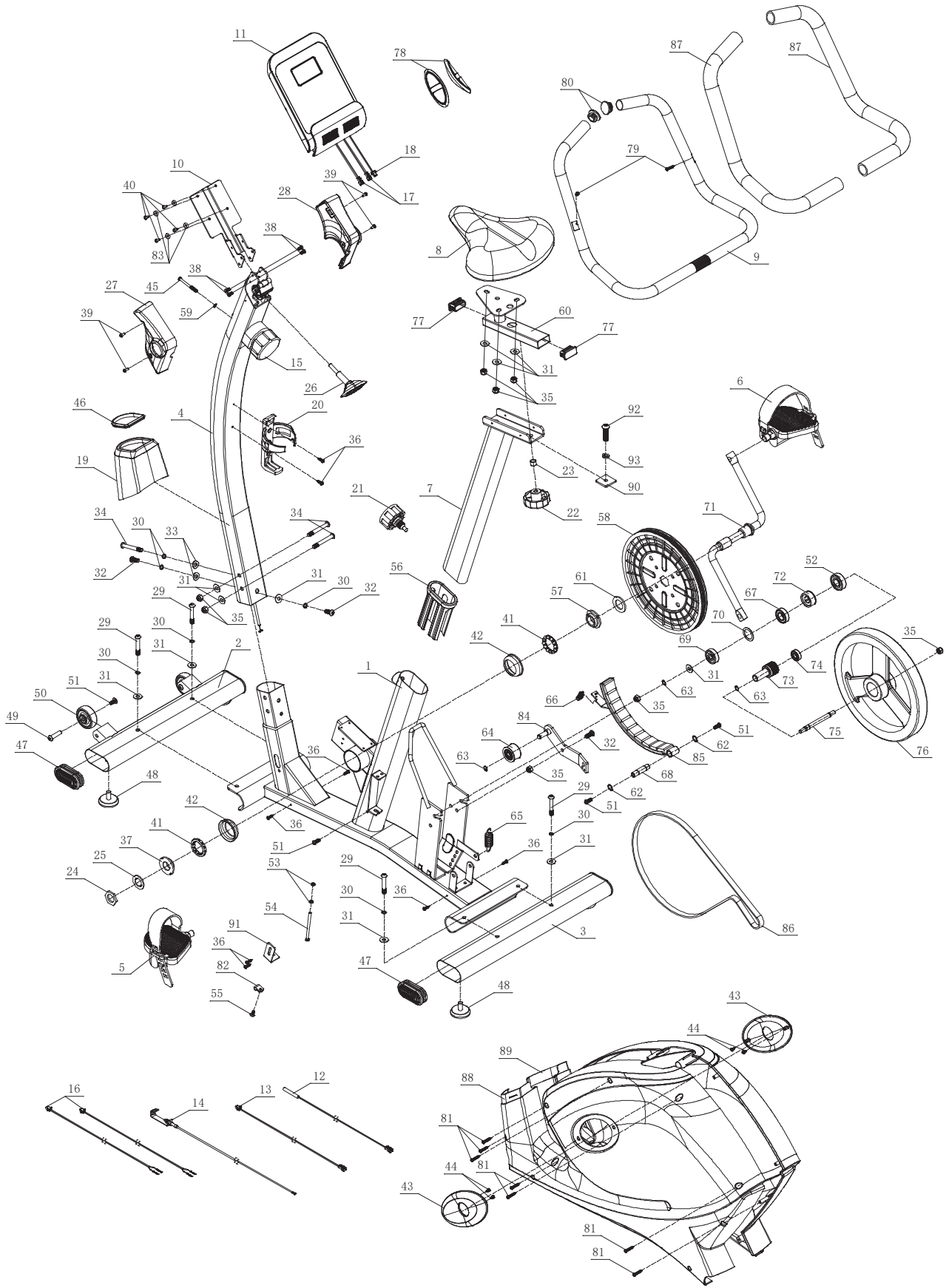
OPERATION

BODY FAT

- Press the BODY FAT key to start body fat measurement.
- During measuring, users have to hold both hands on the h and grips. LCD display "--" "--" "--" for 8 seconds until computer finish measuring.
- LCD will display BMI and FAT %.
- Error message:
 - E-1: There is no heart rate signal input detected.
 - E-4: Occurs when FAT% and BMI result is below 5 or exceeds 5 0.

NOTE!

- *When stop training for 4 minutes, the main screen will be off.*
- *If the computer displays abnormally, please re install the batteries and try again.*



#	DESCRIPTION	QTY
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Upright post	1
5	Pedal L	1
6	Pedal R	1
7	Saddle post	1
8	Saddle	1
9	Handlebar	1
10	Console fixed piece	1
11	Console	1
12	Magnetic sensor wire	1
13	Console communication wire	1
14	Resistance adjust knob wire	1
15	Resistance adjust knob	1
16	Handle pulse connection wire	2
17	Console pulse outlet	2
18	Console connection wire	1
19	Down upright post cover	1
20	Bottle holder	1
21	Rotary hand bolt	1
22	Handlebar rotary knob	1
23	Bushing	1
24	Locknut	1
25	Check ring	1
26	T-shaped rotary knob	1
27	Handlebar cover (L)	1
28	Handlebar cover (R)	1
29	Allen C.K.S. half thread screw	4
30	Spring washer	7

#	DESCRIPTION	QTY
31	Flat washer	8
32	Allen C.K.S.full thread screw	7
33	Curve washer	2
34	Allen C.K.S. half thread screw	3
35	Hex self-locking nut	9
36	Philips C.K.S. self-tapping screw	8
37	Top ring	1
38	Philips pan head full thread screw	4
39	Philips pan head full thread screw	4
40	Philips pan head full thread screw	4
41	Crank L	1
42	Crank	2
43	Crank cover	2
44	Philips C.K.S. self-tapping screw	4
45	Philips pan head half thread screw	1
46	Upright post decoration strip	1
47	End cap	4
48	Feet pad	4
49	Allen C.K.S. hollow screw	2
50	Wheels	2
51	Allen C.K.S.full thread screw	5
52	Deep groove ball bearing	1
53	Hex nut	2
54	Hex full thread screw	1
55	Philips C.K.S. self-tapping screw	1
56	Saddle post bushing	1
57	Crank cover	1
58	Belt puller	1
59	Flat washer	1
60	Saddle adjustment	1

#	DESCRIPTION	QTY
61	Washer	1
62	Circlip shaft	2
63	Circlip shaft	3
64	Tension pulley	1
65	Tension spring	1
66	Brake tension spring	1
67	Deep groove ball bearing	3
68	Magnetic control fixed axle	1
69	Deep groove ball bearing	1
70	Flat washer	1
71	Crank axle	1
72	Unidirectional needle bearing	1
73	Small belt pulley set	1
74	Deep groove ball bearing	1
75	Flywheel axle	1
76	Flywheel	1
77	Sqaure end cap	1
78	Handle pulse set	2
79	Philips C.K.S. self-tapping screw	2
80	Round end cap	2
81	Philips C.K.S. self-tapping screw	7
82	Fixed magnetic set	1
83	Flat washer	4
84	Tension pulley fixedset	1
85	Magnetic control set	1
86	Motor belt	1
87	Foam	2
88	Motor cover L	1
89	Motor cover R	1
90	Saddle locking piece	1

#	DESCRIPTION	QTY
91	Speed sensor fixed piece	1
92	Allen C.K.S. full thread screw	1
93	Elastic washer	1

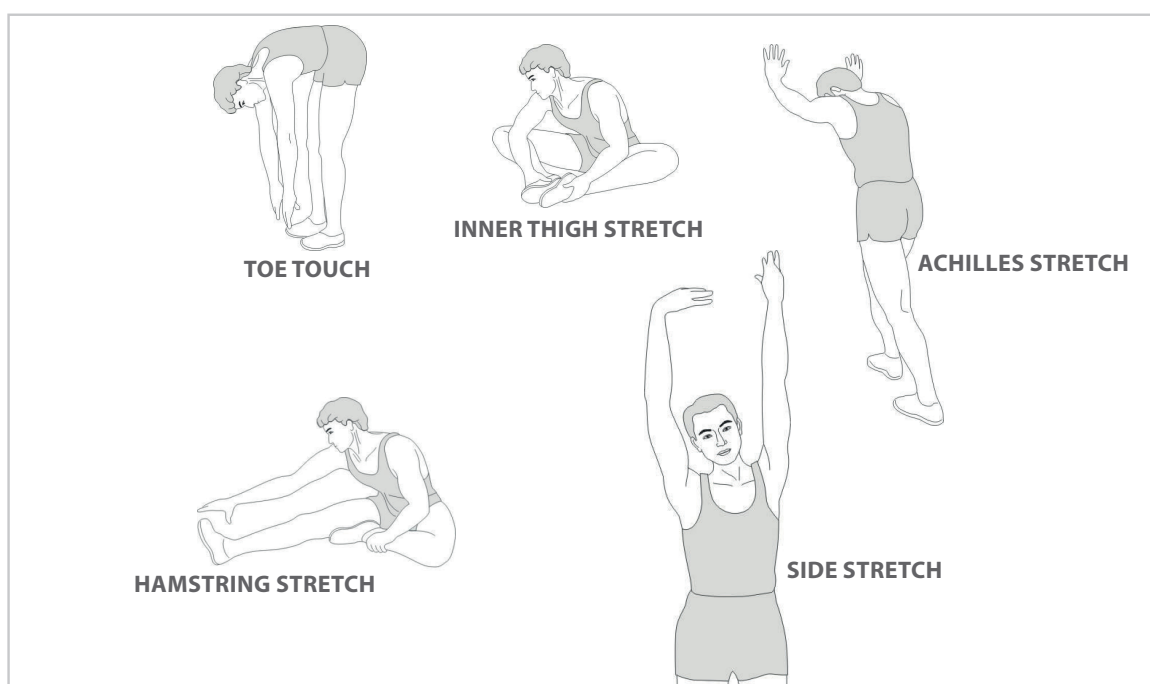
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.

virtu profit

For questions or missing parts please contact your dealer.