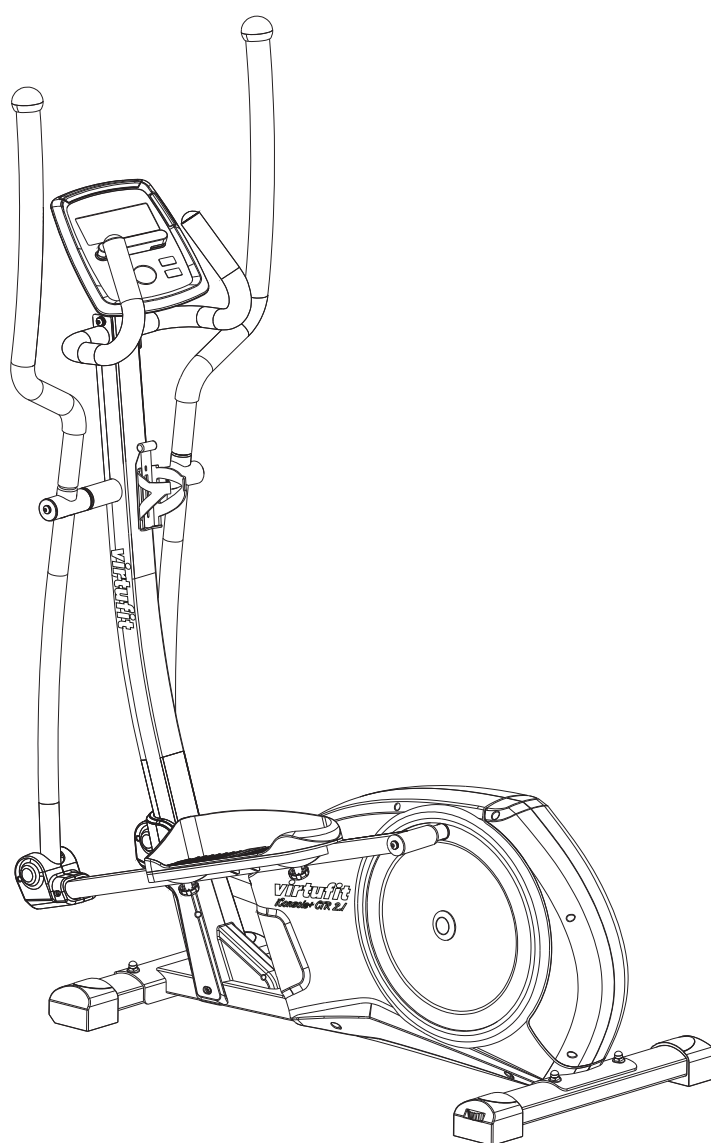


virtuafit

Crosstrainer iConsole CTR 2.1

Owners manual



For questions or missing items, please contact Fitness Benelux:



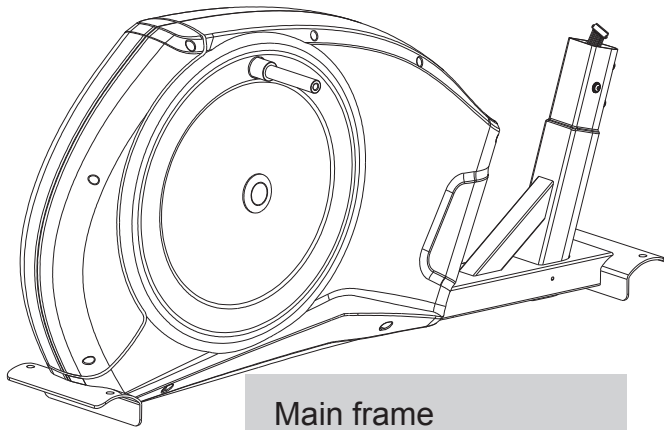
Twekkelerweg 263
7553 LZ Hengelo
The Netherlands

T +31 (0)74-7600219
E service@fitnessbenelux.nl
W www.fitnessbenelux.nl

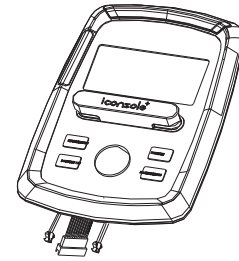
| | |
|-----------------------------|--------------|
| Safety Instruction | 3 |
| Check List | 4-6 |
| Assembly Instruction | 7-16 |
| Exploded Drawing | 17 |
| Parts List | 18-20 |
| Computer Instruction | 21-27 |
| iConsole+ App | 28 |
| Training Instruction | 29 |

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

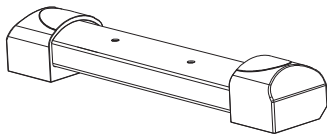
- This elliptical trainer is made for home use only and tested up to a maximum body weight of 150 kgs.
- Follow the steps of the assembly instructions carefully.
- Use only original parts as delivered.
- Before the assembly, be sure to check if delivery is complete by using the included parts-list.
- For assembly use only suitable tools and asks for assistance with assembly if necessary.
- Place the exerciser on an even, non-slippery surface. Because of possible corrosion, the usage of any exerciser in moist areas is not recommended.
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition. Replace defective 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.
- For repairs, use only original spare parts.
- 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 home exerciser 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.
- Warning: incorrect/excessive training can cause health injuries.
- Consult your physician before starting with any exercise program. He or she can advise on the kind of training and which impact is suitable.



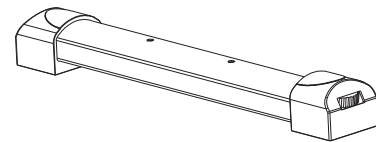
Main frame



Computer



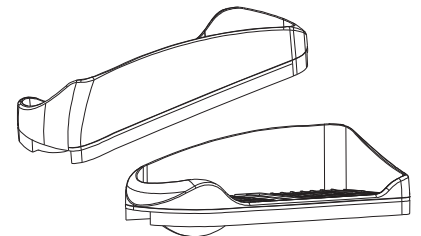
Front Stabilizer



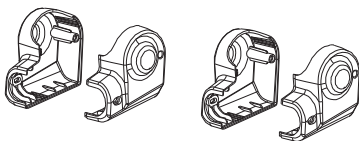
Rear stabilizer



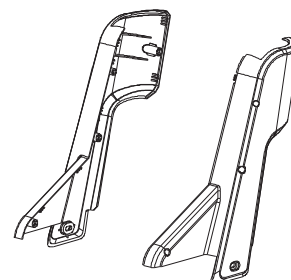
Water bottle holder



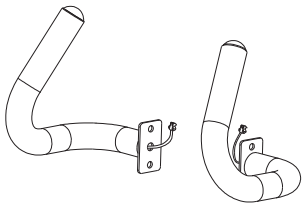
Footplate (Left)
Footplate (Right)



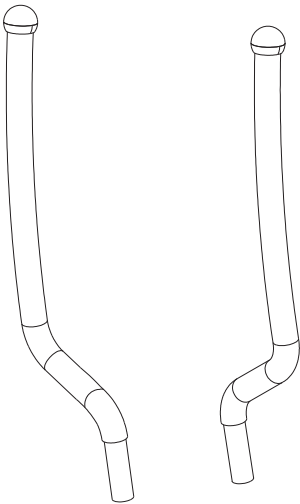
Plastic cover for foot support bar(Left)
Plastic cover for foot support bar(Right)



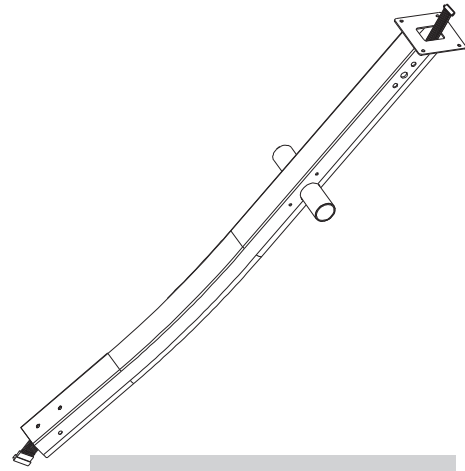
Front bottom plastic cover (Left)
Front bottom plastic cover (Right)



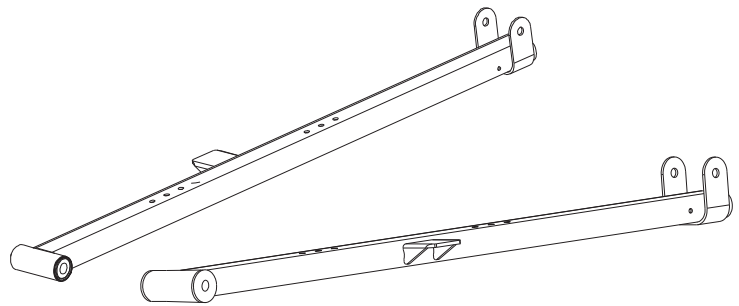
Handlebar (Left)
Handlebar (Right)



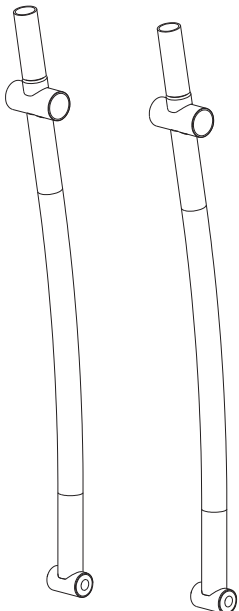
Upper handlebar (Left)
Upper handlebar (Right)



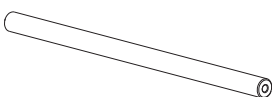
Handlebar post



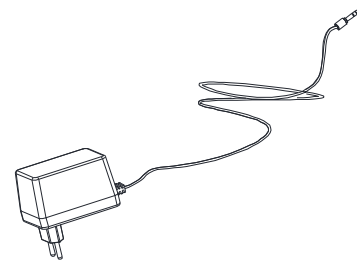
Foot support bar (Left)
Foot support bar (Right)



Lower handlebar



Rotation rod

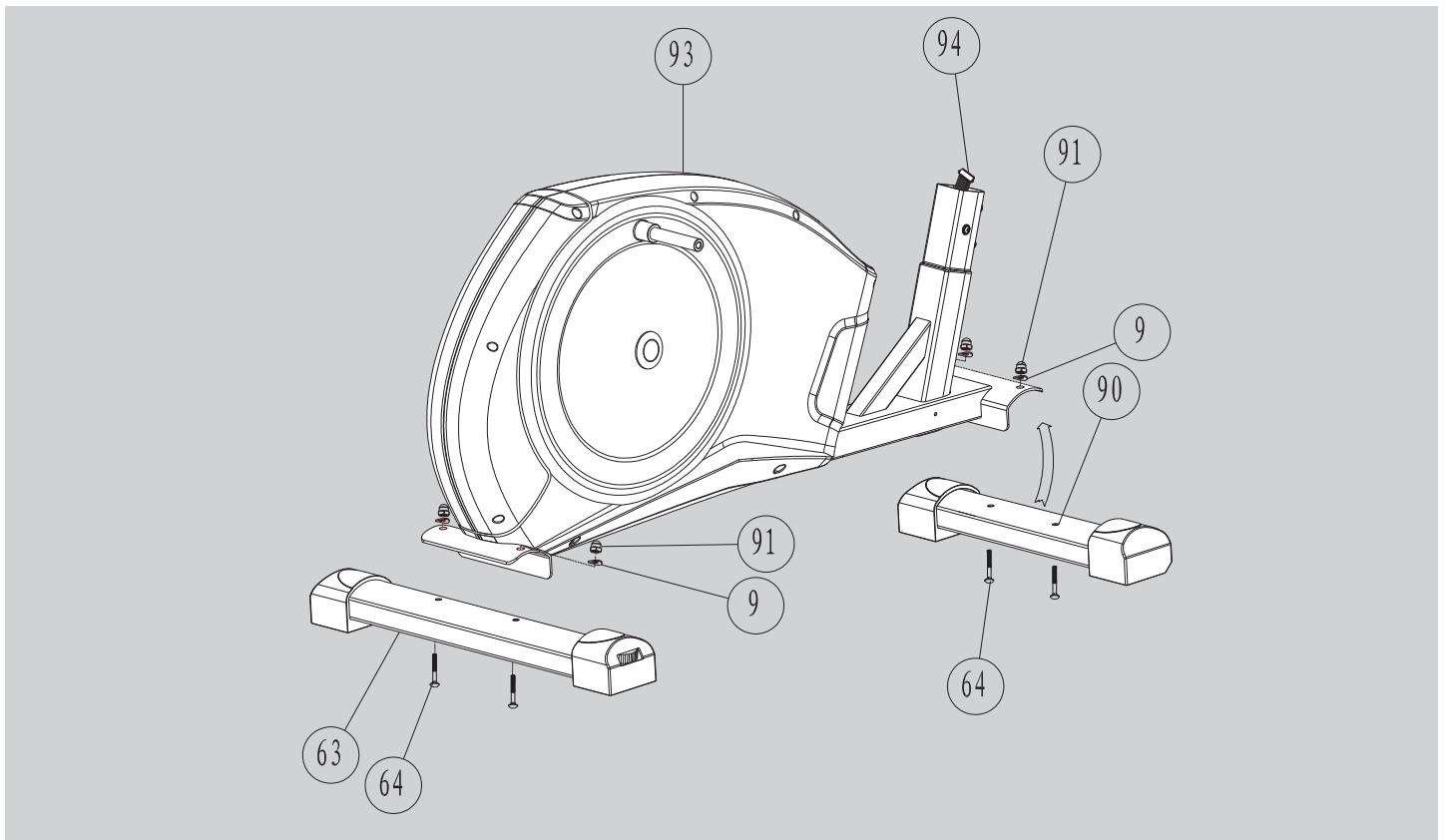


Adapter

TOOL KIT

| | | |
|--|--|--------------------------------|
| <p>NO 9*4 NO 64*4 NO 91*4</p> | <p>NO 101*1</p> | <p>NO 29*5</p> |
| <p>NO 11*2 NO 14*2 NO 35*2</p> <p>NO 100*2</p> | <p>NO 32*4 NO 86*4 NO 87*4 NO 88*4</p> | <p>NO 9*4 NO 10*4 NO 11*4</p> |
| | <p>NO 22*1</p> | <p>NO 23*2 NO 24*2 NO 27*2</p> |

STEP 1



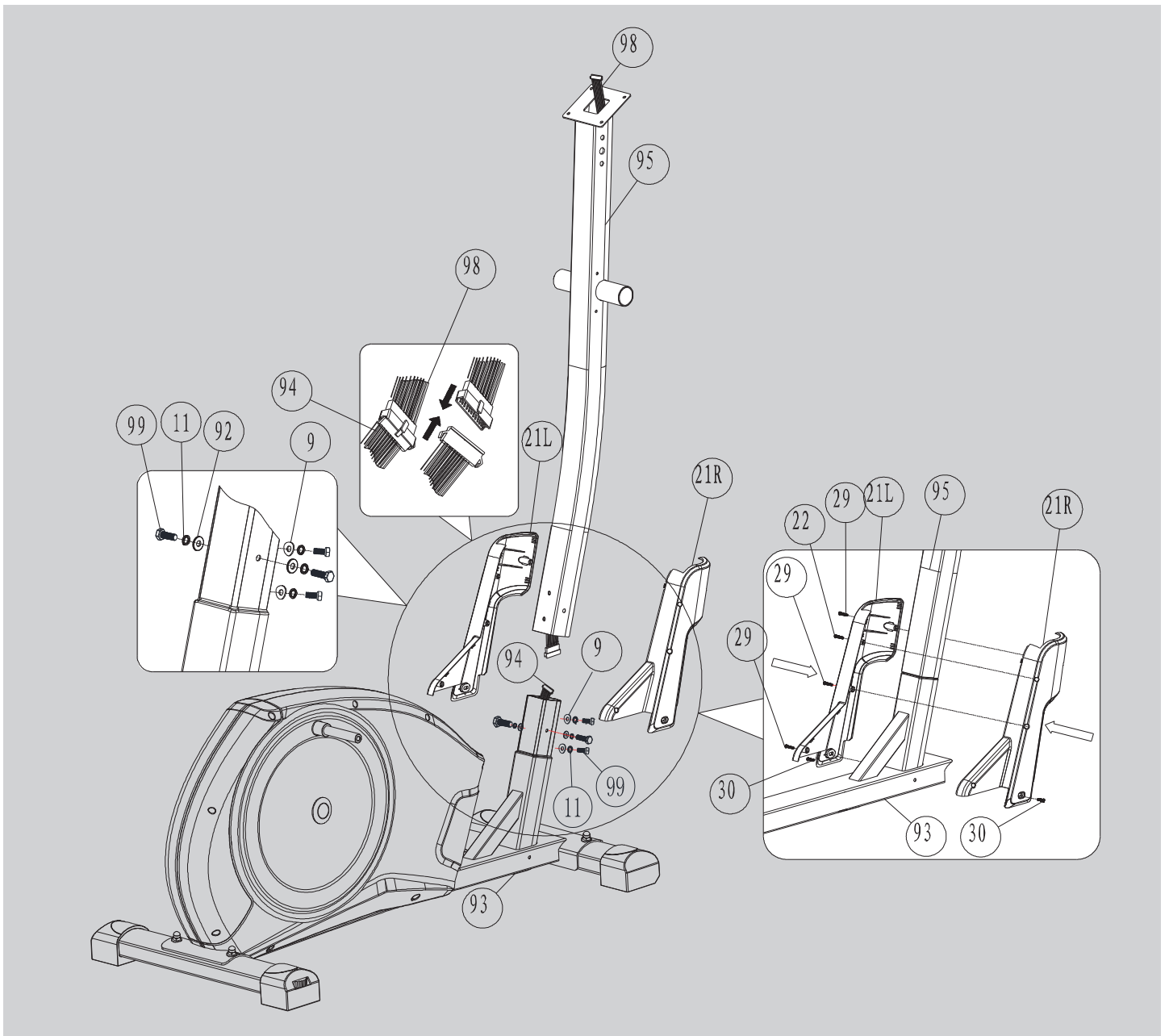
I. Attach the Front Stabilizer (90) onto the Main Frame (93) with M8 Screws (64), Curved washer (9) and Cap nut (91). Tighten fully.

II. Attach the Rear Stabilizer (63) onto the Main frame (93) with M8 Screws (64). Curved washer (9) and Cap nut (91). Tighten fully.

Important: The M8 Screws (64) from step 1 above must be tightened up firmly.

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

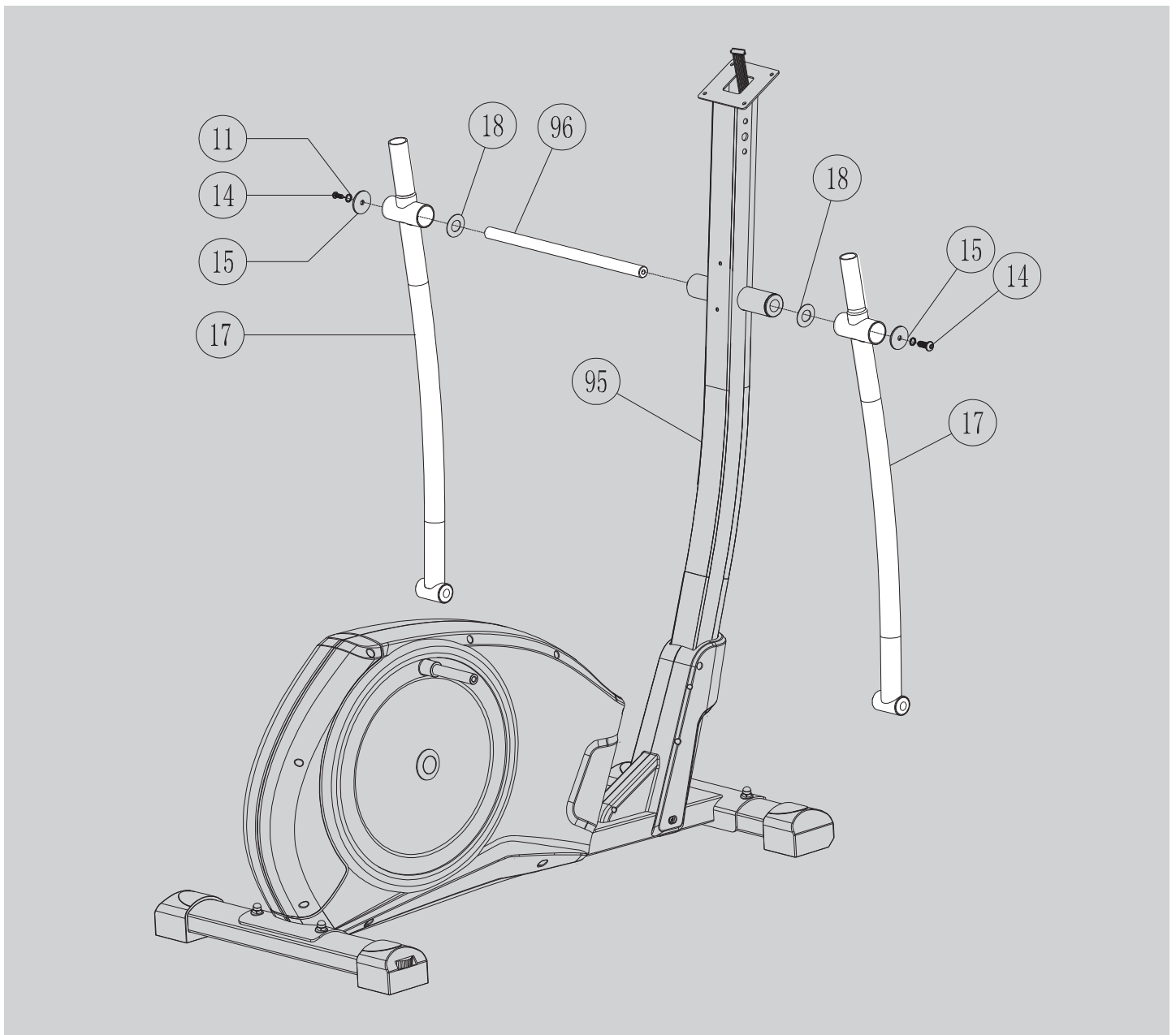
STEP 2



I. Carefully lift the Handlebar Post (95) until it is vertical. Connect the upper Tension Cable (98) by using 4x Hex bolt M8x20mm (99), M8 Curved Washer (9), M8 Flat Washer (92) and M8 Spring Washer (11). Tighten the M8*20 Allen screws (10) firmly.

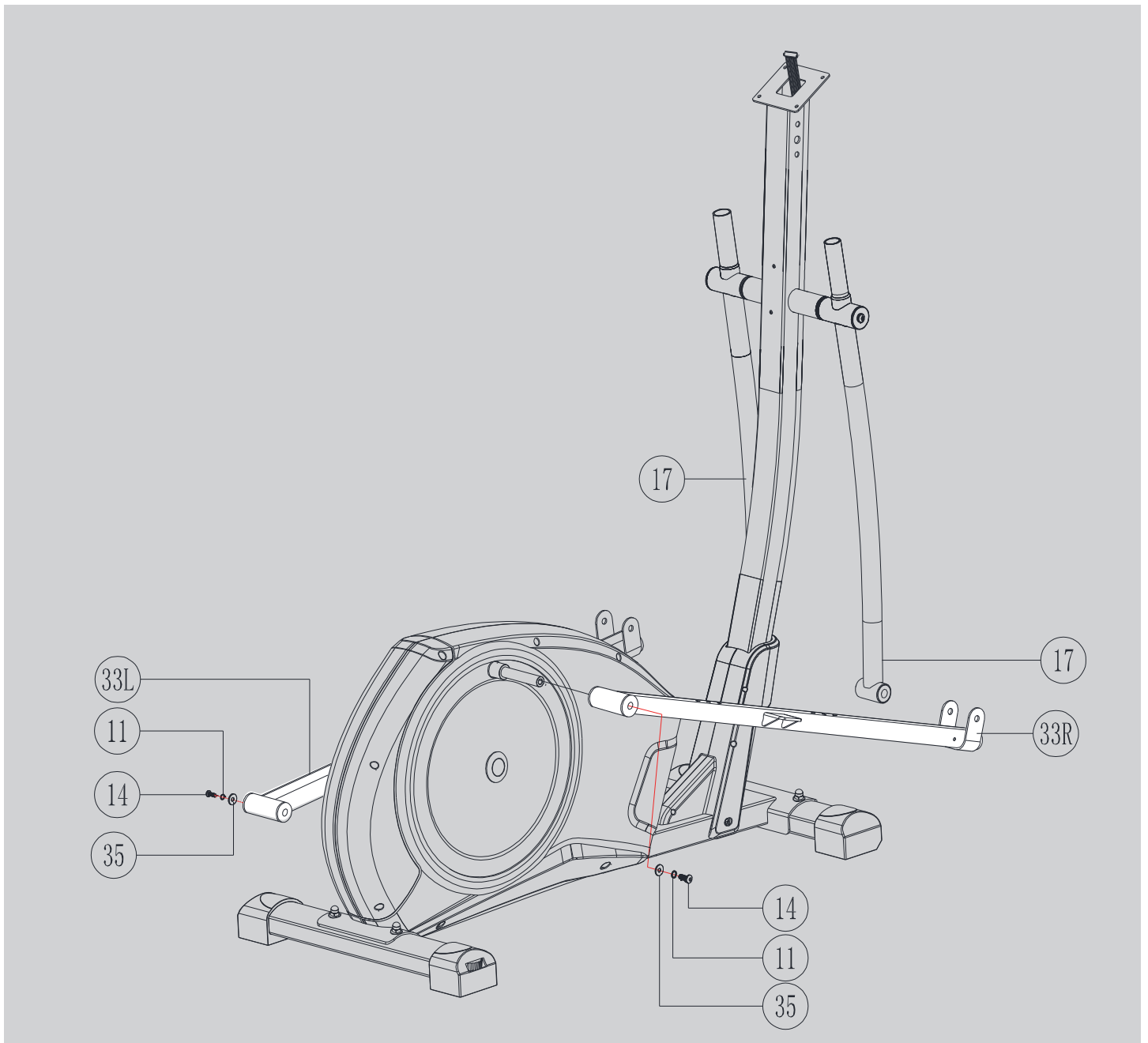
II. Align the Front Bottom Plastic Cover (21L&21R) together by using Self-tapping Screw M3x15mm (22), Self tapping Screw M4x15mm (29) and Screw M5x15mm (30).

STEP 3



Place the Potation Rod (96) into the Handle Post (95). Slide the left and right Lower Handlebars (17) onto the Rotation Rod and secure in place with 19.5*38*0.5mm Flat Washer (18), 8.5*36*3mm Flat Washer, M8 Spring Washer (11) and M8*20 Allen Bolt (14) for each side. On both sides tighten the M8*20 Allen screws (14) Tightly.

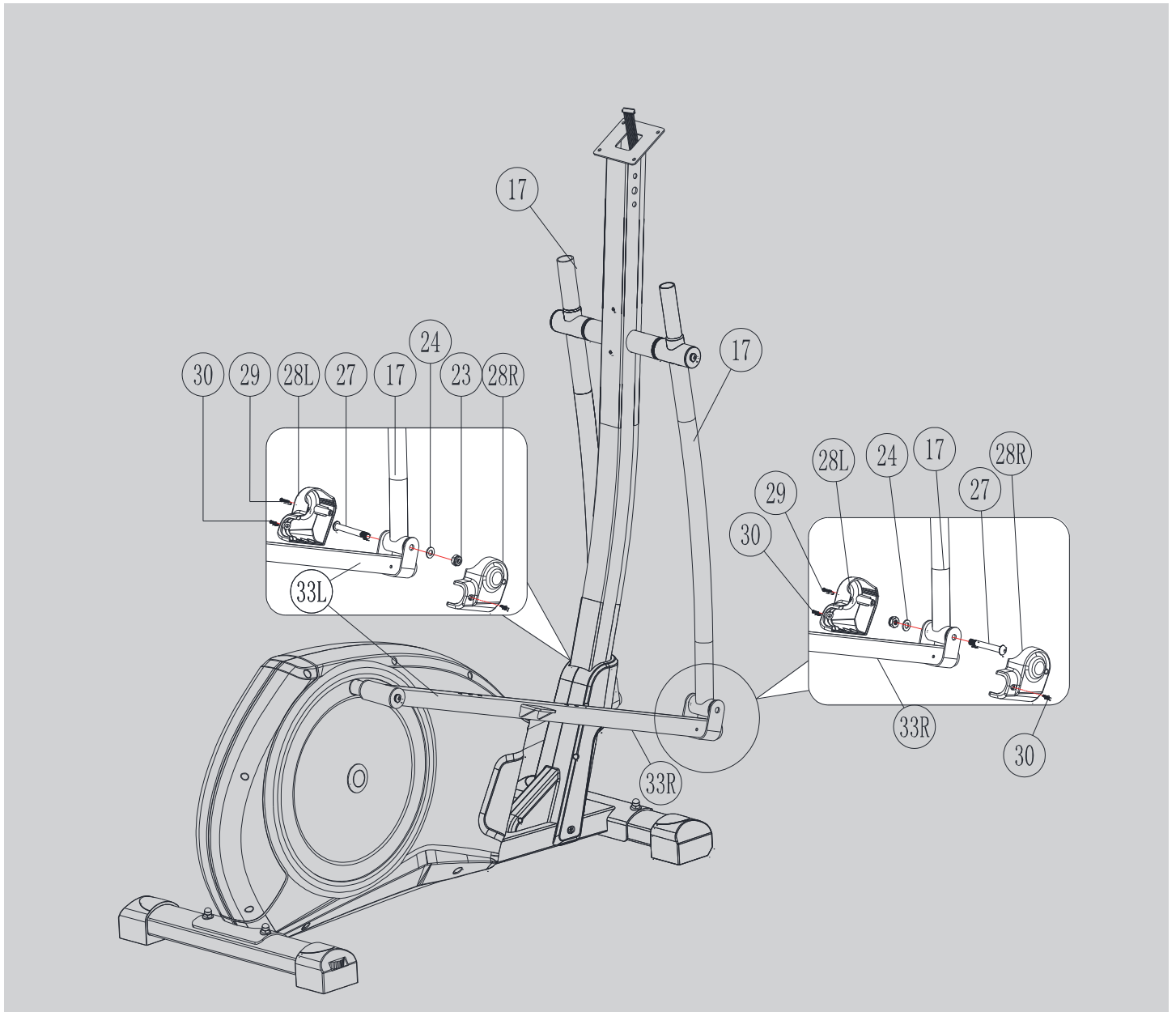
STEP 4



Attach the Footplate Support Bars (33L+33R) by sliding them onto the Main Frame (93) and securing in place with M8*20 Allen Bolt (14), M8 Spring Washer (11) and M8 Flat Washer (35) for each side. Tighten fully.

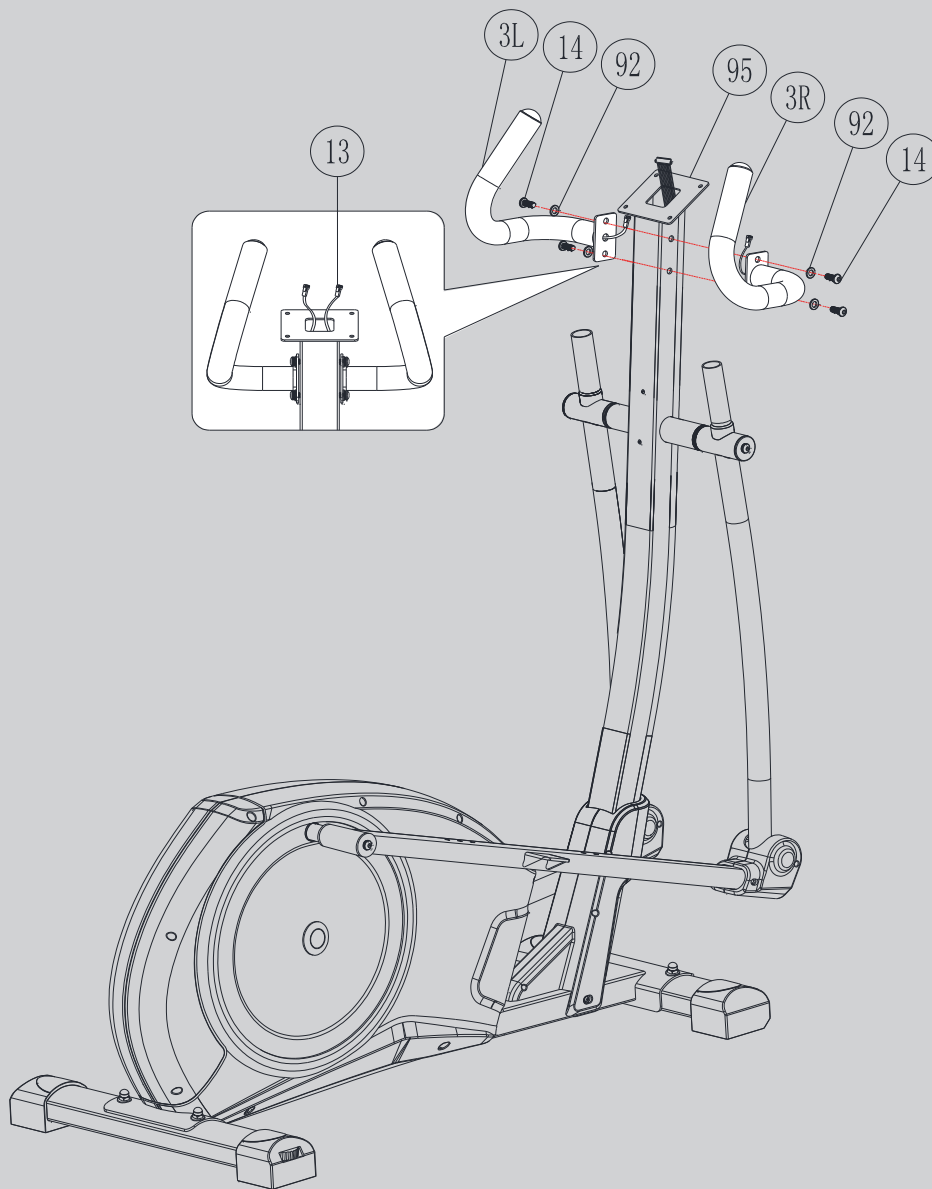
Important: The M8*20 Allen screw must be tightened up firmly.

STEP 5



Align the footplate support bars (33L+33R) with the Lower Handle Bars (17) and attach together with M10 Allen Bolt (27), M10 Flat Washers (24) and Nylon Lock Nuts (23). Tighten fully. Attach the Plastic Covers (28L+28R) onto the Footplate Support Bars (33L+33R) using M4 Self tapping Screws (29) and M5 Screws (30). Align the Handlebar Post (95), So it is straight and then fully tighten the bolts.

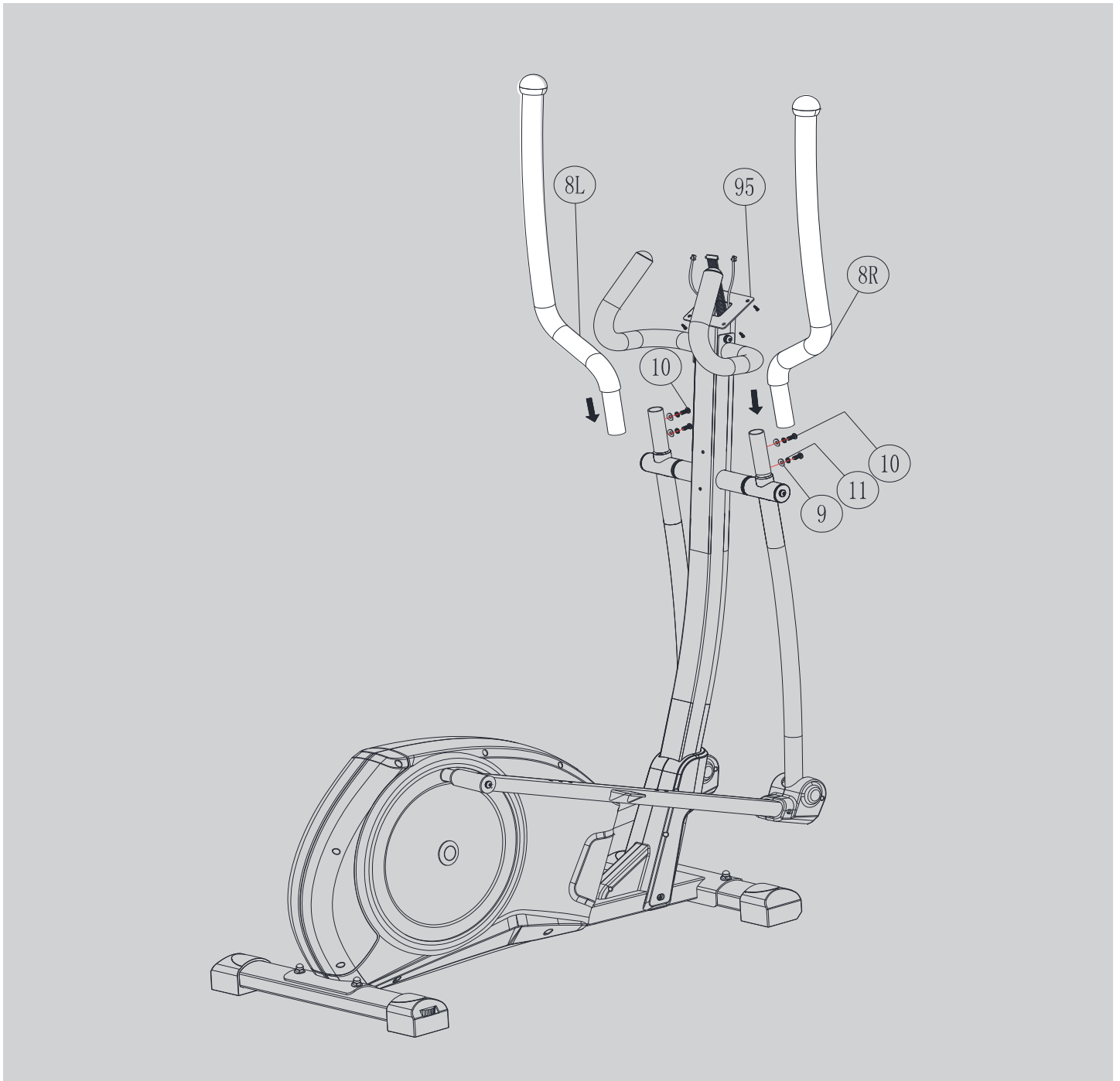
STEP 6



Before attach the Handlebars (3L+3R) to Handlebar Post (95), inset the hand pulse cable (13) to the hole on Handlebar Post (95) and make sure the 2 ends be pulled and exposed on the middle top of Handlebar Post hole.

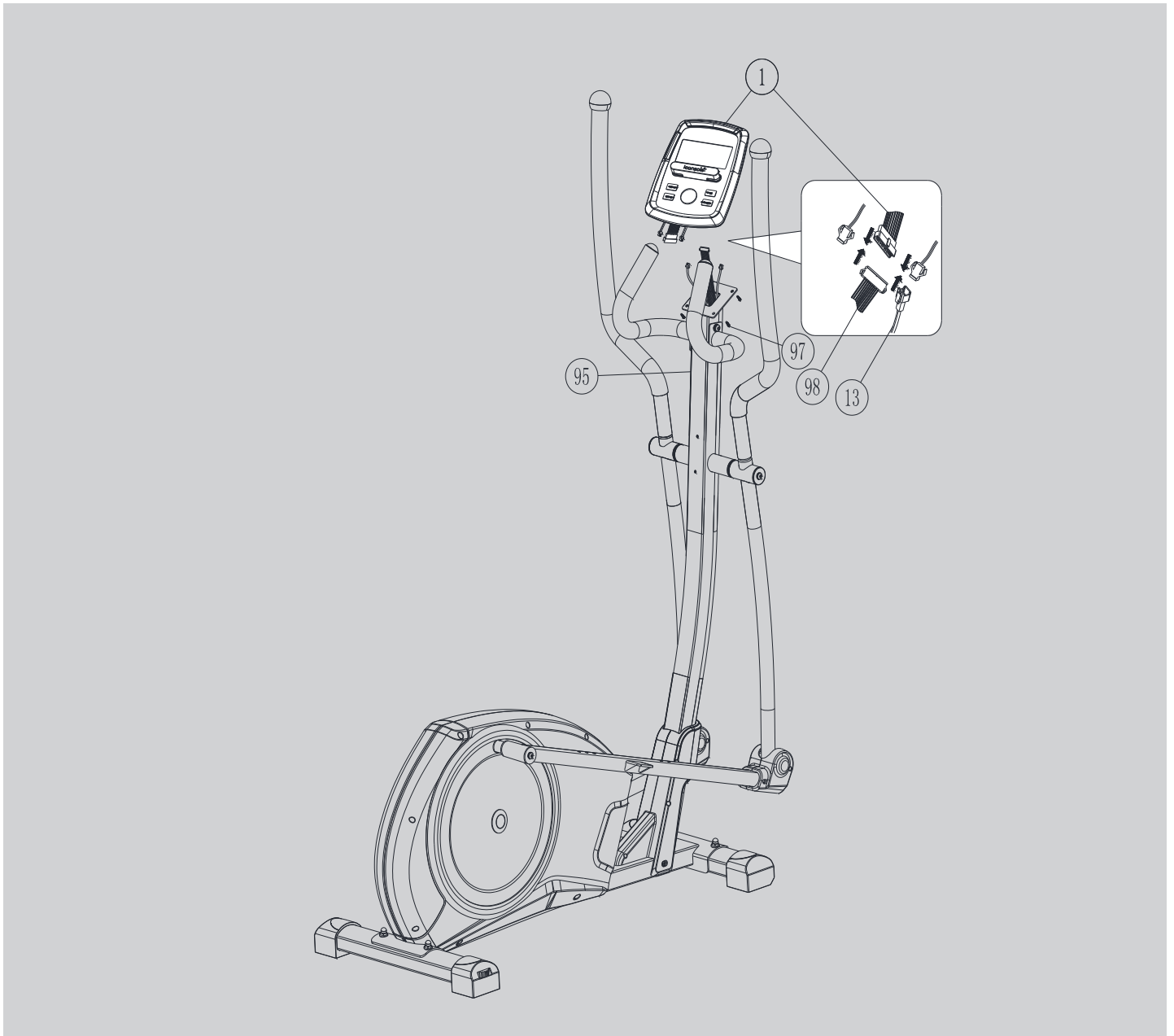
Attach Handlebars (3L+3R) by using M8 Allen Bolt (14) and M8 Flat Washer (92) for each side. Make sure bolts are fully tightened.

STEP 7



Attach the Upper Handlebar (8L+8R) onto the Lower Handlebar (17) by using M8 Allen Bolt (10), M8 Spring Washer (11) and M8 Curved Washer (9).

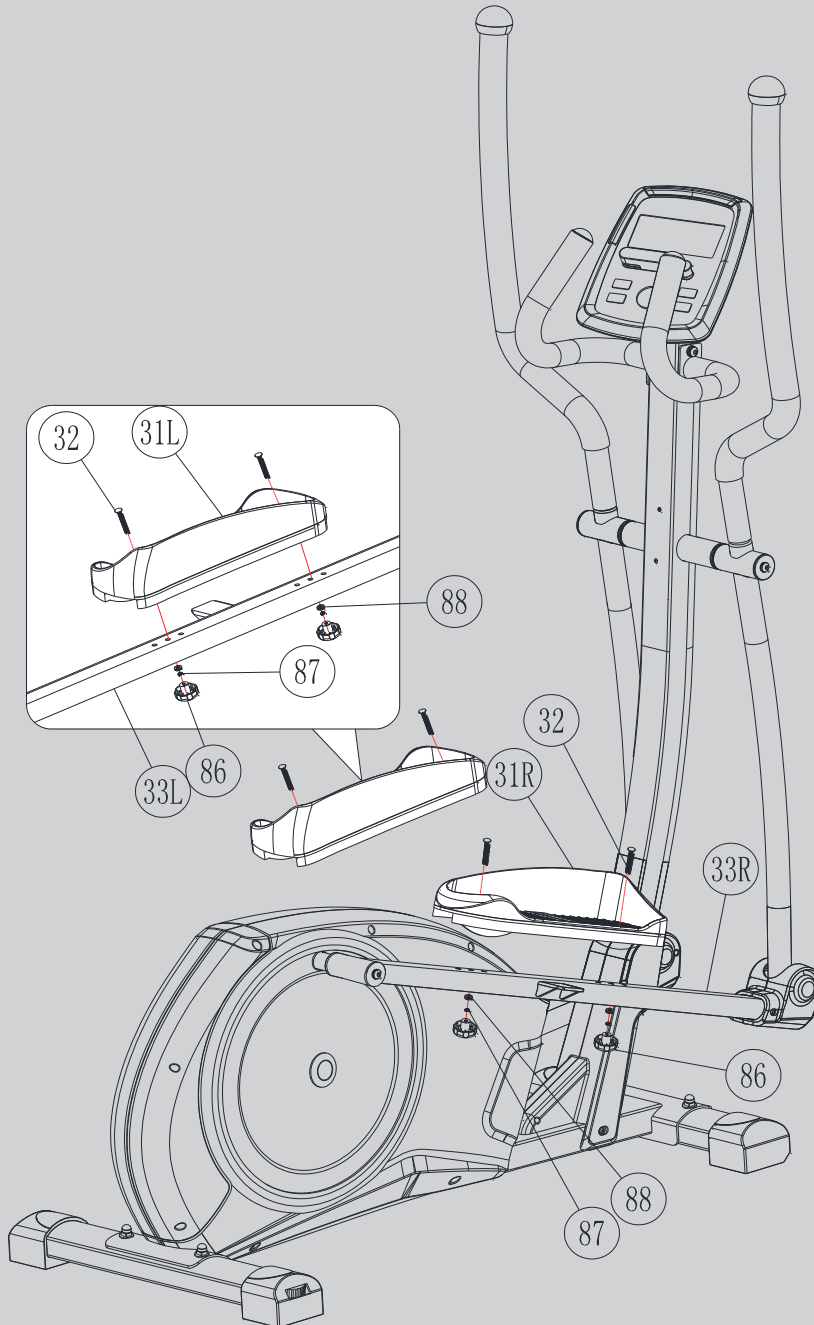
STEP 8



Align the Upper Tension Cable (98) on the top of Handlebar Post (95) with that on the Computer (1). Align the Hand Pulse Cable (13) as well.

Then Secure the Computer (1) with Handlebar Post by using M5 Screws (97). Make sure all the bolts are fully tightened.

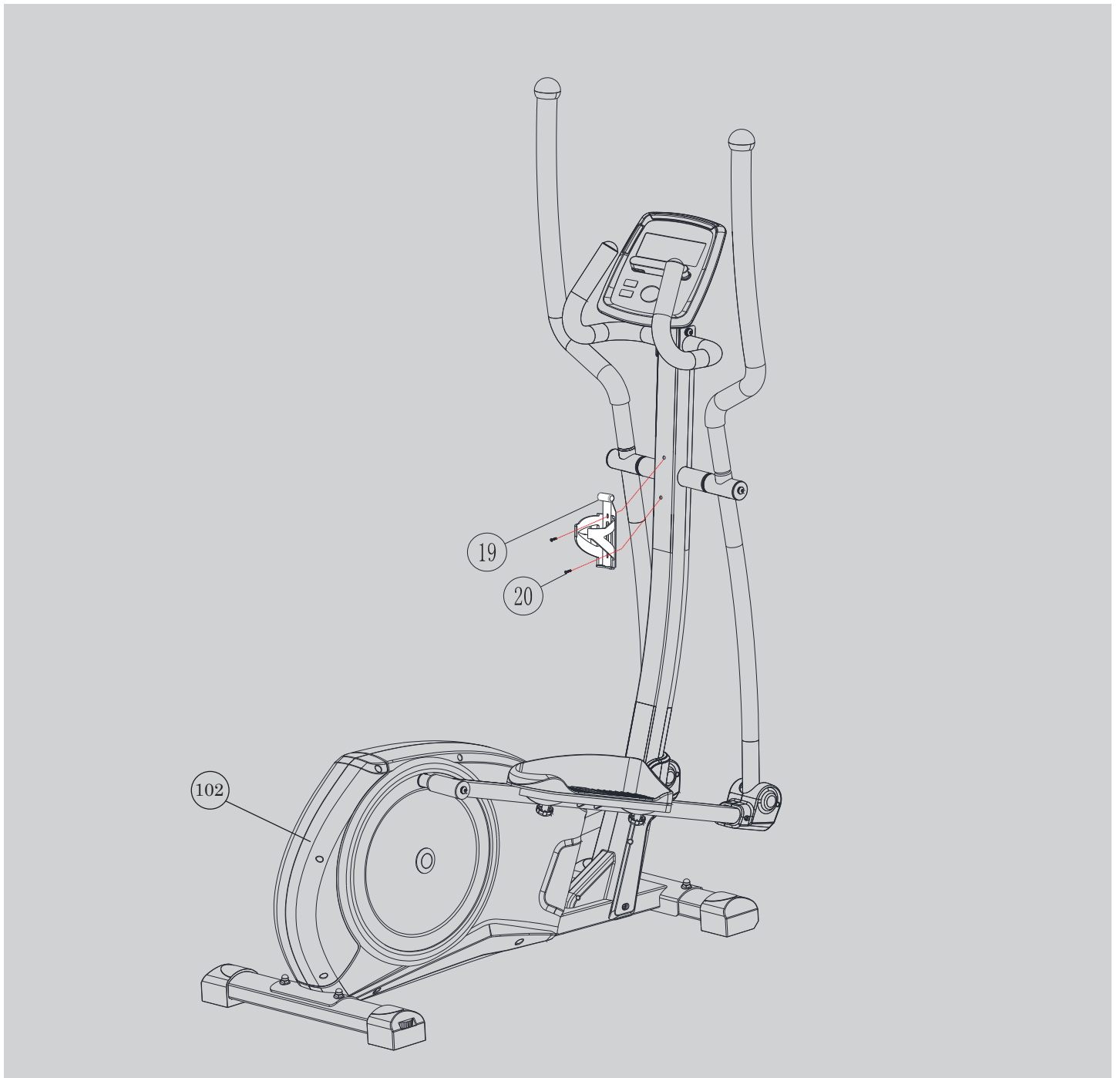
STEP 9



Attach the Footplate (31L+31R) onto the Foot Support Bar (33L+33R) using M6 Carriage Bolts (32), M6 Flat Washers (88), M6 Spring Washers (87) and M6 Knob (86). Tighten fully.

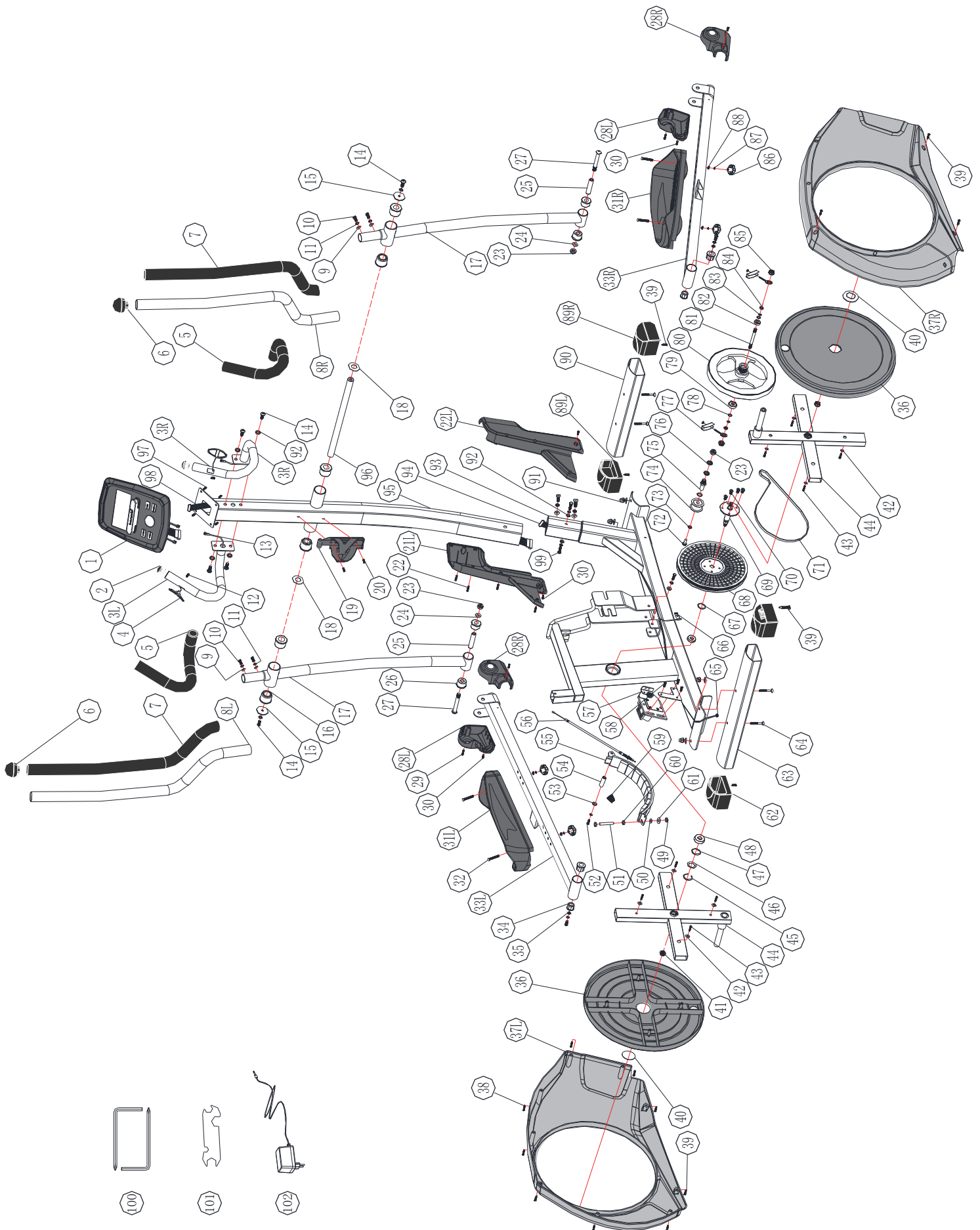
Important: The M6 knob (86) needs to be tightend up firmly.

STEP 10



Place the water bottle holder (19) into the hole in the front by using screw m5 x 20mm (20). Connect the adapter, the adapter input (102) is at the back of the device.

Now ready for use!

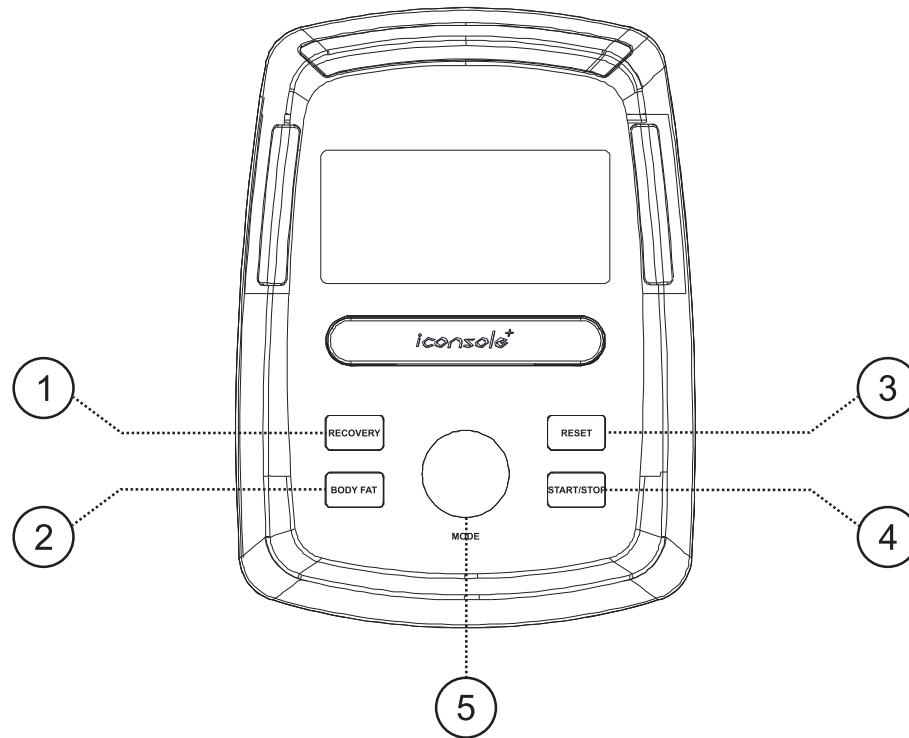


| Number | Description | Amount |
|--------|--|--------|
| 1 | Computer | 1 |
| 2 | End cap for handlebar | 2 |
| 3L | Handlebar (Left) | 1 |
| 3R | Handlebar (Right) | 1 |
| 4 | Hand pulse pads | 2 |
| 5 | handlebar foam | 2 |
| 6 | End cap for upper handlebar | 2 |
| 7 | Upper handlebar foam | 2 |
| 8L | Upper handlebar (Left) | 1 |
| 8R | Upper handlebar (Right) | 1 |
| 9 | Curved washer M8 | 10 |
| 10 | Allen bolt M8*20 | 4 |
| 11 | Spring washer M8 | 12 |
| 12 | Self-tapping screw M3.5*20 | 2 |
| 13 | Hand Pulse cable | 2 |
| 14 | Allen bolt M8*20 | 8 |
| 15 | Flat washer $\Phi 8.5 \times \Phi 36 \times 3T$ | 2 |
| 16 | Handlebar pivot bushes | 6 |
| 17 | Lower handlebar | 2 |
| 18 | Flat washer $\Phi 19.5 \times \Phi 38 \times 0.5T$ | 2 |
| 19 | Water bottle holder | 1 |
| 20 | Screw M5*20 | 1 |
| 21L | Front bottom plastic cover (Left) | 1 |
| 21R | Front bottom plastic cover (Right) | 1 |
| 22 | Self-tapping screw M3*15 | 1 |
| 23 | Nylon lock nut M10 | 3 |
| 24 | Flat washer M10*19*2 | 2 |
| 25 | Tube spacer 14*59.5 | 2 |
| 26 | Handlebar lower pivot bushes | 4 |
| 27 | Allen bolt M10*78 | 2 |
| 28L | Plastic cover for foot support bar(Left) | 2 |
| 28R | Plastic cover for foot support bar(Right) | 2 |
| 29 | Self-tapping screw M4*15 | 5 |
| 30 | Screw M5*15 | 6 |
| 31L | Footplate (Left) | 1 |
| 31R | Footplate (Right) | 1 |
| 32 | Carriage bolt M6*50 | 4 |
| 33L | Foot support bar (Left) | 1 |
| 33R | Foot support bar (Right) | 1 |
| 34 | Bushing | 4 |
| 35 | Flat washer 8*28*2T | 2 |
| 36 | Round cover | 2 |

| Nummer | Omschrijving | Aantal |
|--------|----------------------------------|--------|
| 37L | Chain cover (Left) | 1 |
| 37R | Chain cover (Right) | 1 |
| 38 | Self-tapping screw M4.5*25 | 6 |
| 39 | Screw M5*15 | 10 |
| 40 | Plastic cover | 2 |
| 41 | Nut M10*1.25 | 2 |
| 42 | Washer 5*16*1 | 8 |
| 43 | Self-tapping screw M4*15 | 8 |
| 44 | Crank 2 | 2 |
| 45 | C-shape washer Φ 18 | 1 |
| 46 | Waved washer Φ 20.5*25*0.5T | 1 |
| 47 | Washer 20*25*1 | 1 |
| 48 | Bearing 6004RS | 2 |
| 49 | Nut M6 | 1 |
| 50 | Flat washer 6.5*19*1.5T | 1 |
| 51 | Hex head screw M6*75 | 1 |
| 52 | Allen head screw M6*16 | 2 |
| 53 | Flat washer 6*13*1.5T | 2 |
| 54 | Axle for magnet holder | 1 |
| 55 | Magnet set | 1 |
| 56 | Cable | 1 |
| 57 | Motor | 1 |
| 58 | Screw M5*15 | 5 |
| 59 | Tapered spring | 1 |
| 60 | Nut M6 | 1 |
| 61 | Plastic washer 6.5*22*1.5T | 1 |
| 62 | Rear end cap | 2 |
| 63 | Rear stabilizer | 1 |
| 64 | Carriage bolt M8*55 | 4 |
| 65 | DC line | 1 |
| 66 | Sensor | 1 |
| 67 | Washer 20*25*2 | 1 |
| 68 | Belt wheel | 1 |
| 69 | Pedal Axle | 1 |
| 70 | Anti-loose Allen bolt M8*12 | 4 |
| 71 | Belt | 1 |
| 72 | Hex head screw M6*12 | 1 |
| 73 | Flat washer 6*13*1T | 1 |
| 74 | Idler | 1 |
| 75 | Axle for Idler | 1 |
| 76 | Flat washer 10*19*1.5 | 2 |
| 77 | Belt adjustment set | 2 sets |
| 78 | Waved washer Φ 10*15*0.3T | 2 |

| Nummer | Omschrijving | Aantal |
|--------|--------------------------------------|--------|
| 79 | Bearing 6300RS | 1 |
| 80 | Flywheel | 1 |
| 81 | Flywheel Axle | 1 |
| 82 | Bearing 6000RS | 1 |
| 83 | C-shape washer $\Phi 9$ | 2 |
| 84 | Hex nut M10*1.25*4T | 2 |
| 85 | Nut M10*1.25 | 2 |
| 86 | Knob M6 | 4 |
| 87 | Spring washer M6 | 6 |
| 88 | Flat washer 6*16*2 | 4 |
| 89L | End cap for front stabilizer (Left) | 1 |
| 89R | End cap for front stabilizer (Right) | 1 |
| 90 | Front Stabilizer | 1 |
| 91 | Cap nut M8 | 4 |
| 92 | Flat washer 8*19*1.5T | 6 |
| 93 | Main frame | 1 |
| 94 | Lower tension cable | 1 |
| 95 | Handlebar post | 1 |
| 96 | Rotation rod | 1 |
| 97 | Screw for computer M5*12 | 4 |
| 98 | Upper tension cable | 1 |
| 99 | Hex bolt M8*20 | 4 |
| 100 | Allen key wrench with phillips head | 2 |
| 101 | Combination wrench | 1 |
| 102 | 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.

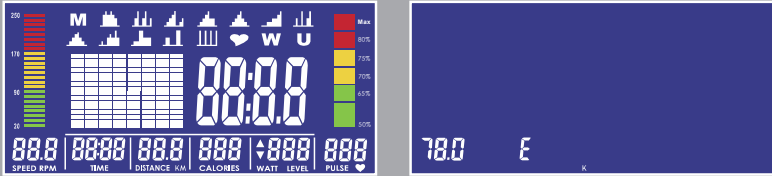
5. Encoder

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

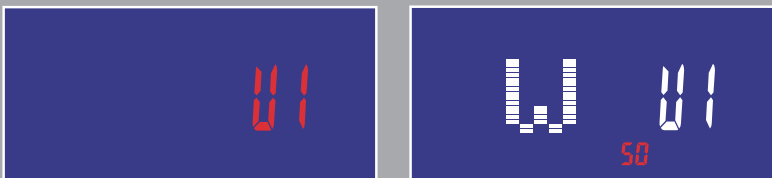
DISPLAY FUNCTION BUTTON

| | |
|----------|---|
| 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. |

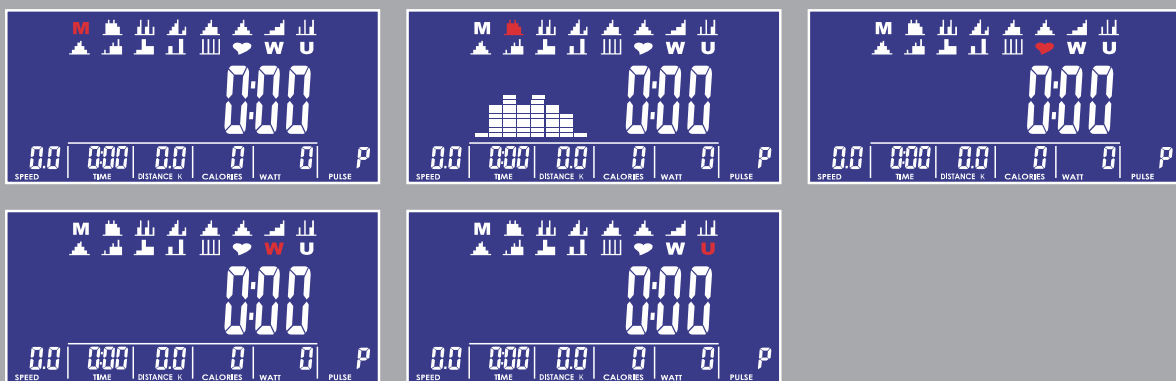
OPERATION



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"

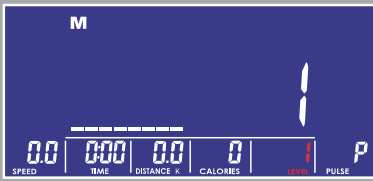


2. Turning and pressing encoder can enter USER setting (with BODY FAT function), setting personal date in U1~U4. Then entering work out section.

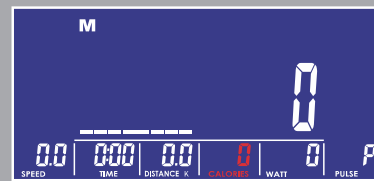


3. Turning and pressing encoder can enter Entering setting mode, the M (Manual) would flash in the matrix display with 1HZ. Turning the encoder can choose M(Manual), P(Program), ♥ (H.R.C.), W(Watt), U(User) cyclically.

OPERATION



4-1



4-2

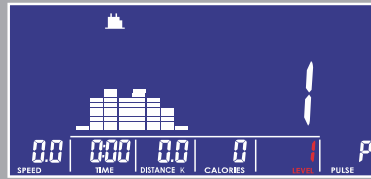
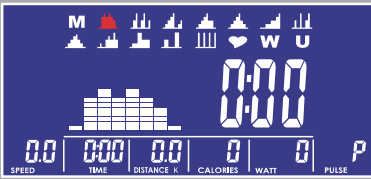


4-3

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

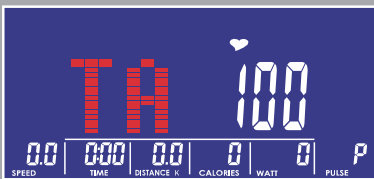
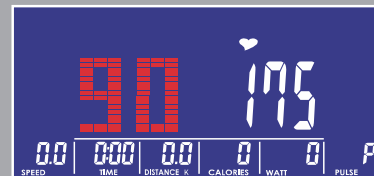
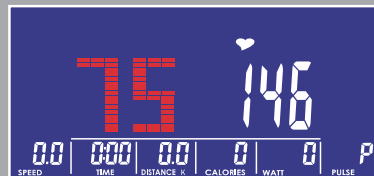
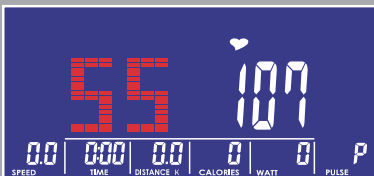
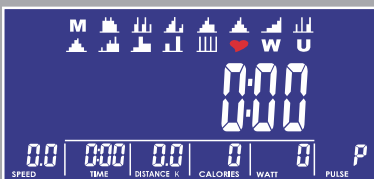


5. Program Mode

(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.

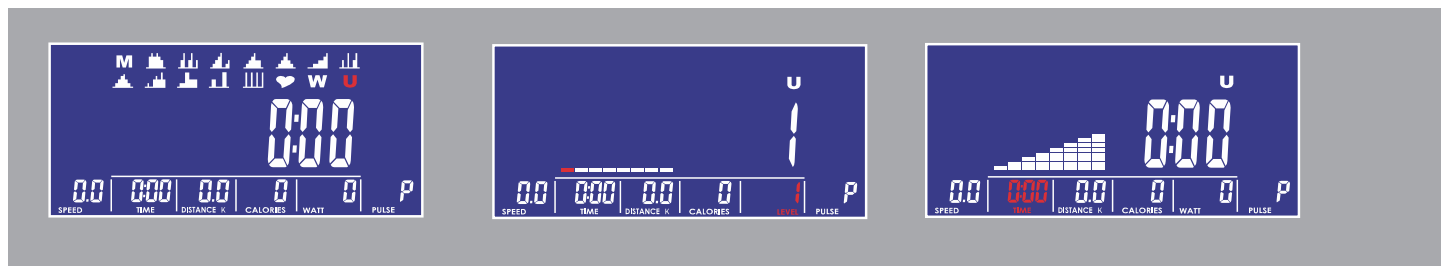
(2) After setting TIME pressing START KEY to start program.

OPERATION



7. WATT mode

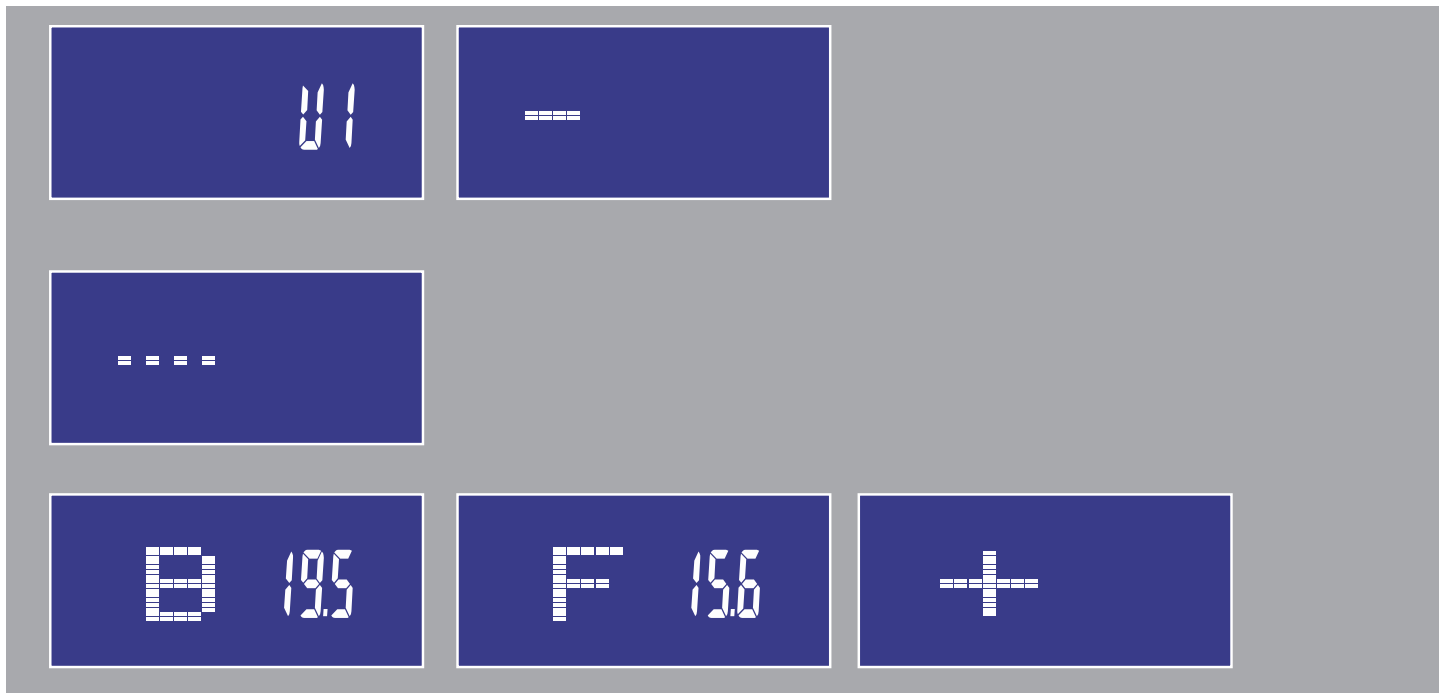
- (1) WATT target. (default: 120)
- (2) Turning and pressing encoder can adjusting WATT value.
- (3) Then after START user still can exercise by setting WATT LEVEL and would adjust automatically.
- (4) After START user still can adjust WATT value.



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.

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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.

For questions or missing items, please contact Fitness Benelux:



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