virtufit

Elite Comfort Treadmill

User manual

@virtufit_fitness

VirtuFit

www.virtufit.com

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INDEX

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.

A	B	C	D
C06	C07	E08	E35
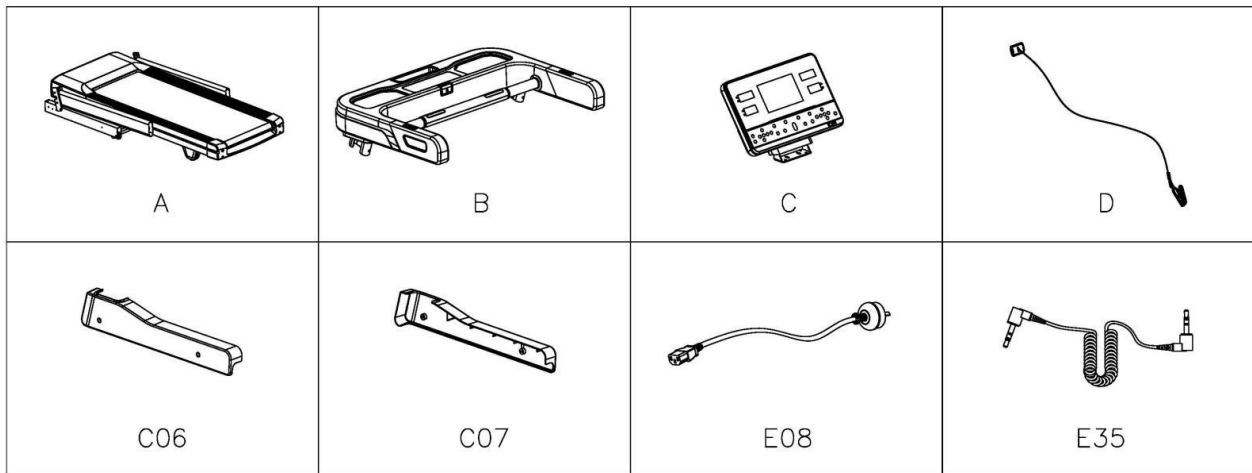
#	DESCRIPTION	QTY
A	Mainframe	1
B	Display support frame	1
C	Display	1
D	Safety key	1

#	DESCRIPTION	QTY
C06	Left bottom cover	1
D07	Rightbottom cover	1
C08	Power wire	1
E35	MP3 wire	1

ASSEMBLY TOOLS

D11 M8*15 (10X)	D15 M8*15 (4X)	D18 M5*16 (4X)	D31 ø8 (10X)	D32 ø8 (4X)
D35 ø8 (4X)	B08 (1X)	B09 (1X)	B10 5# (1X)	

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

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 device? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.

Socket screws: The device 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
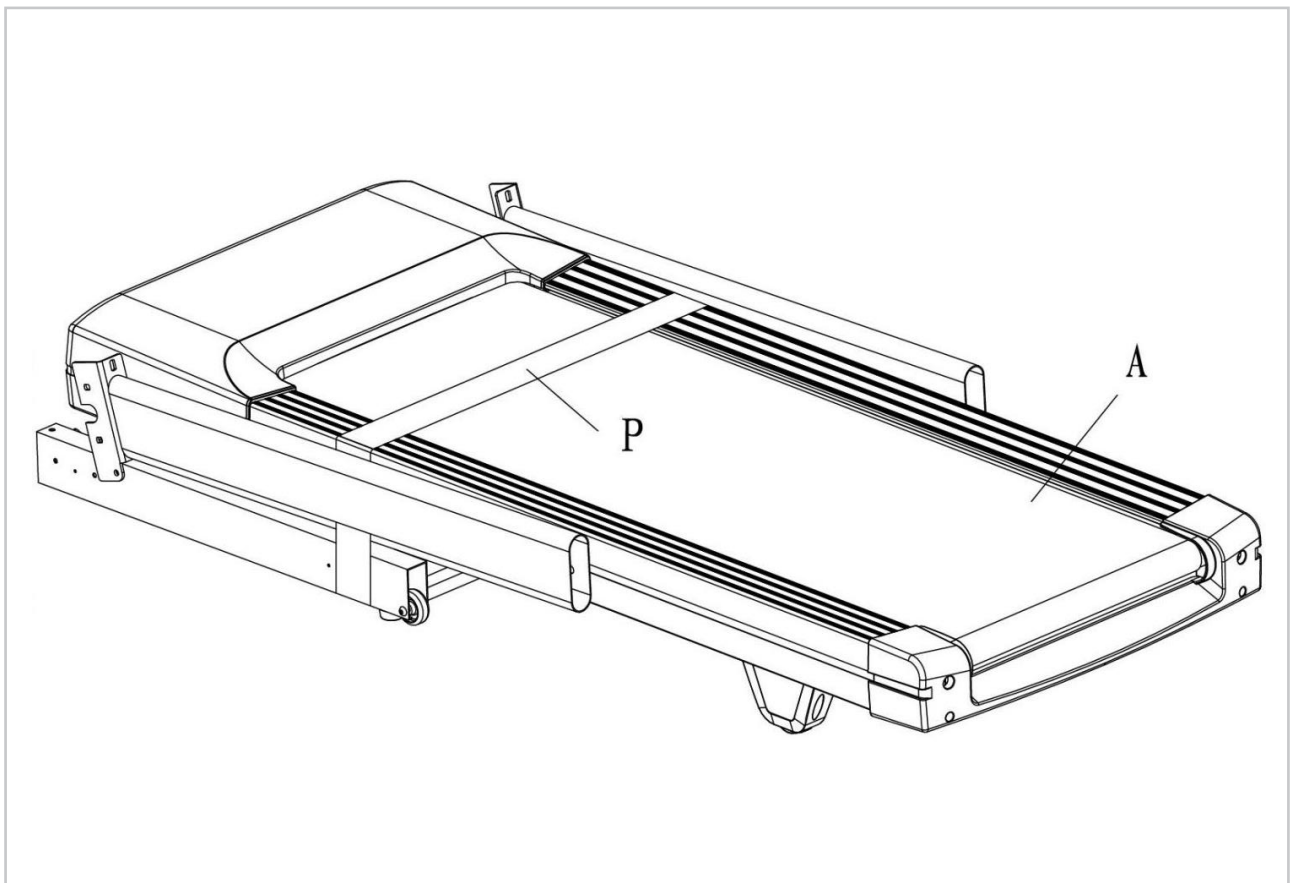
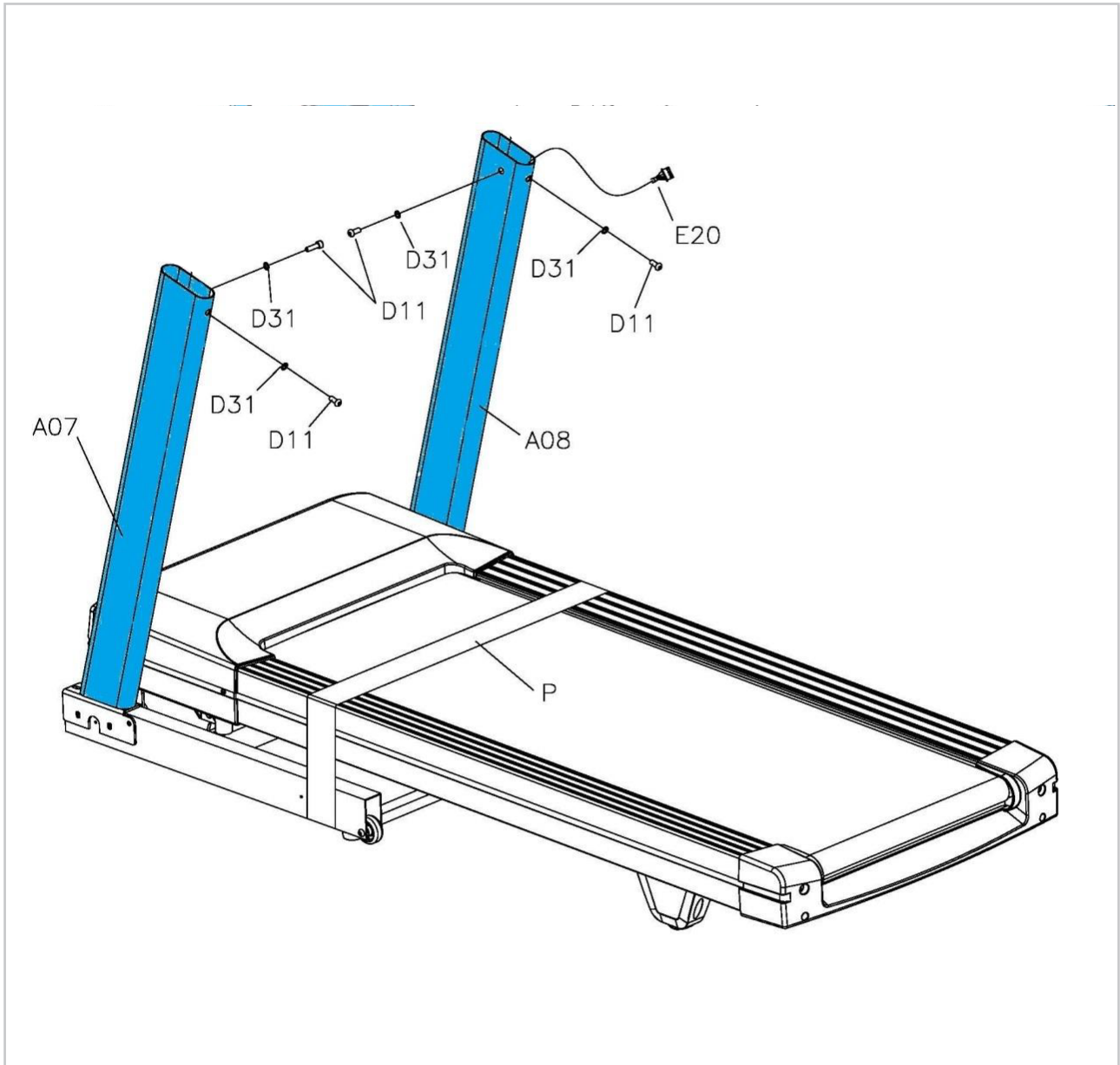- Open the packaging and place the main frame (A) on the floor.

NOTE: *Do not remove the belt around the treadmill (P) until the treadmill is powered.*

STEP 2

- Lift the left and right uprights (T07, T08) upright in the direction of the arrow.

- Use Allen key 5 (B10) and the M8 * 15 bolt (D11) and lock washer (D31). Assemble the left and right upright (A07, A08) to the main frame (A).

STEP 3
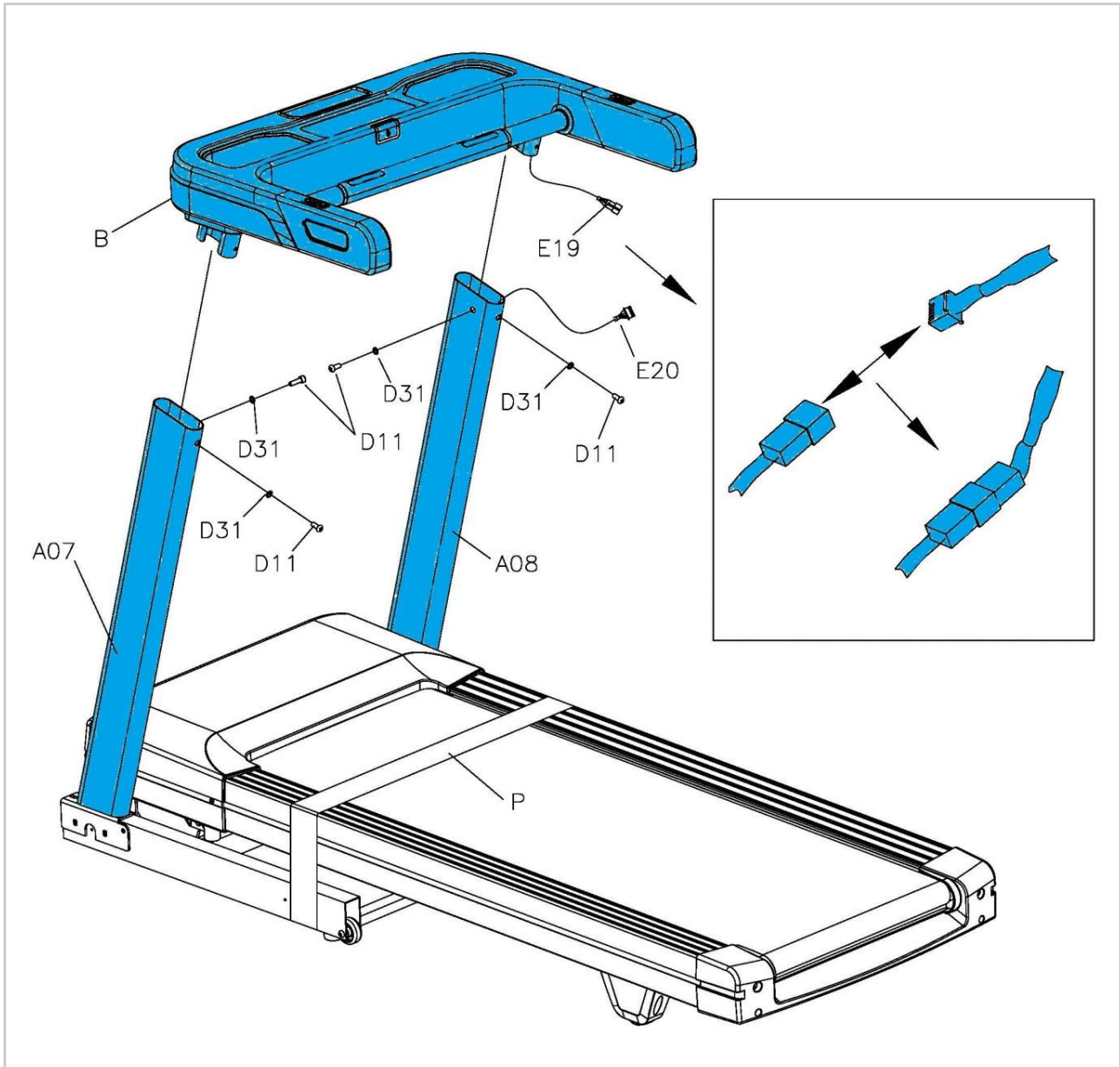
- Connect the top wire of the display (E19) to the bottom wire (E20).

- Use Allen key 5 (B10) and the M8 * 15 bolt (D11) and lock washer (D31).

- Install console B in the left and right upright upright (A07, A08).
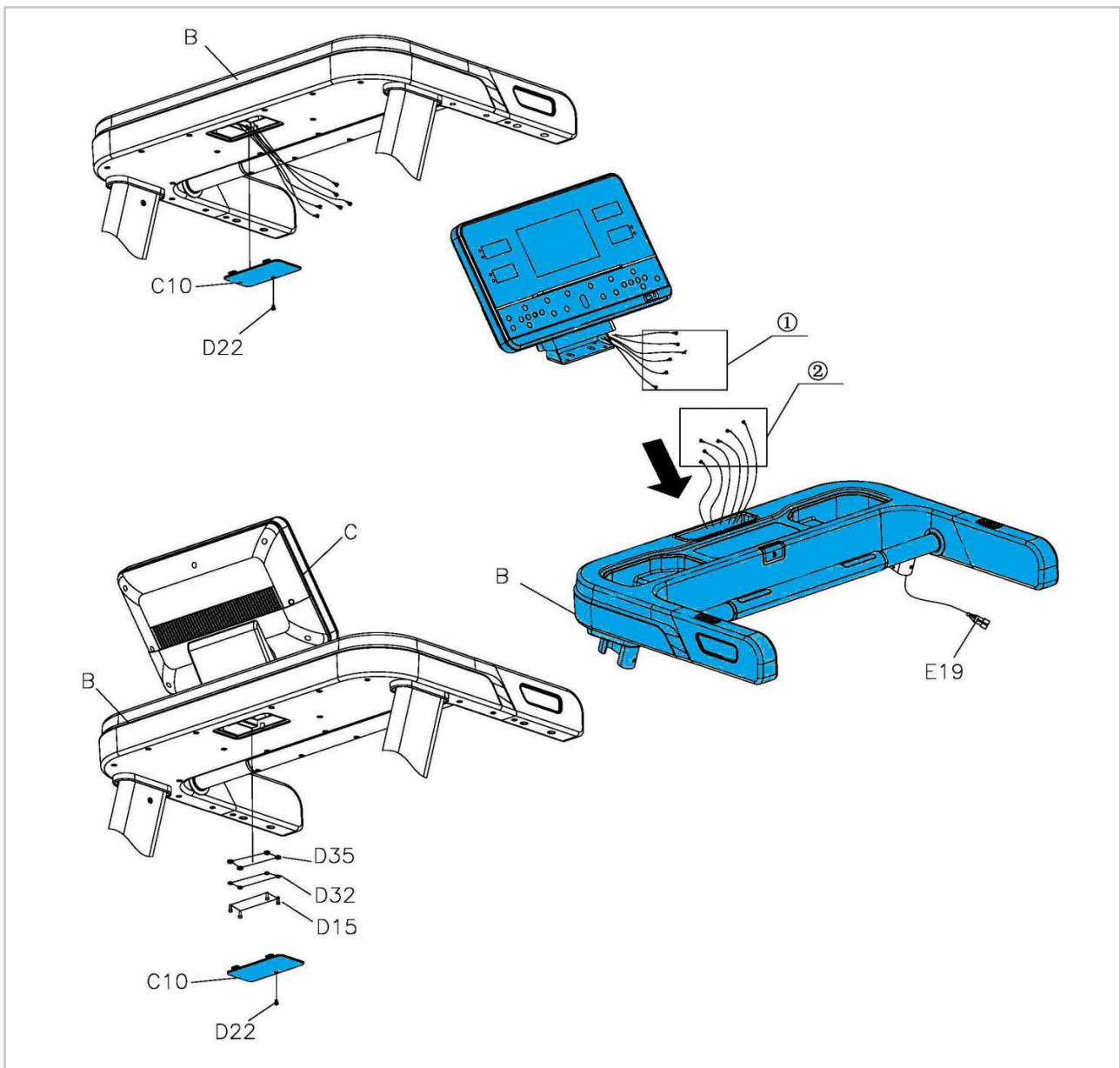
- Use a Phillips screwdriver (B08) to remove the small bottom cover (C10) from console B remove.

- Attach the display C to console B. And connect wire 1 to wire 2.

- Use Allen key (B09) and spring washer (D32) and lock washer (D35). Assemble display C.

- Use a Phillips screwdriver (B08) and attach the protective cap (C10) to it display in console B.

STEP 5
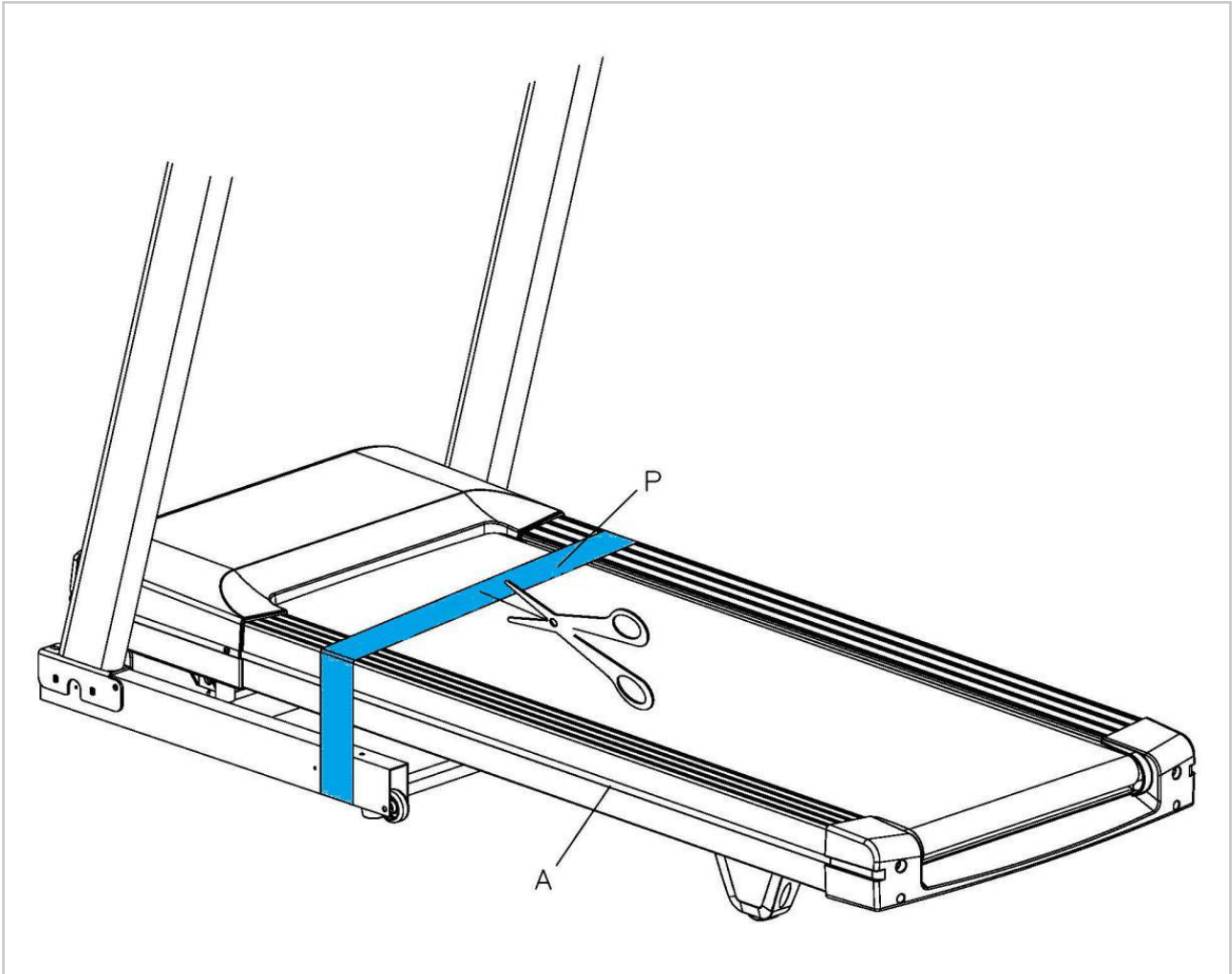
- Cut the packing tape (P).

STEP 6

- Using the hex key 5 (B10), loosen the M8 * 15 bolt to remove the f-module.

STEP 7
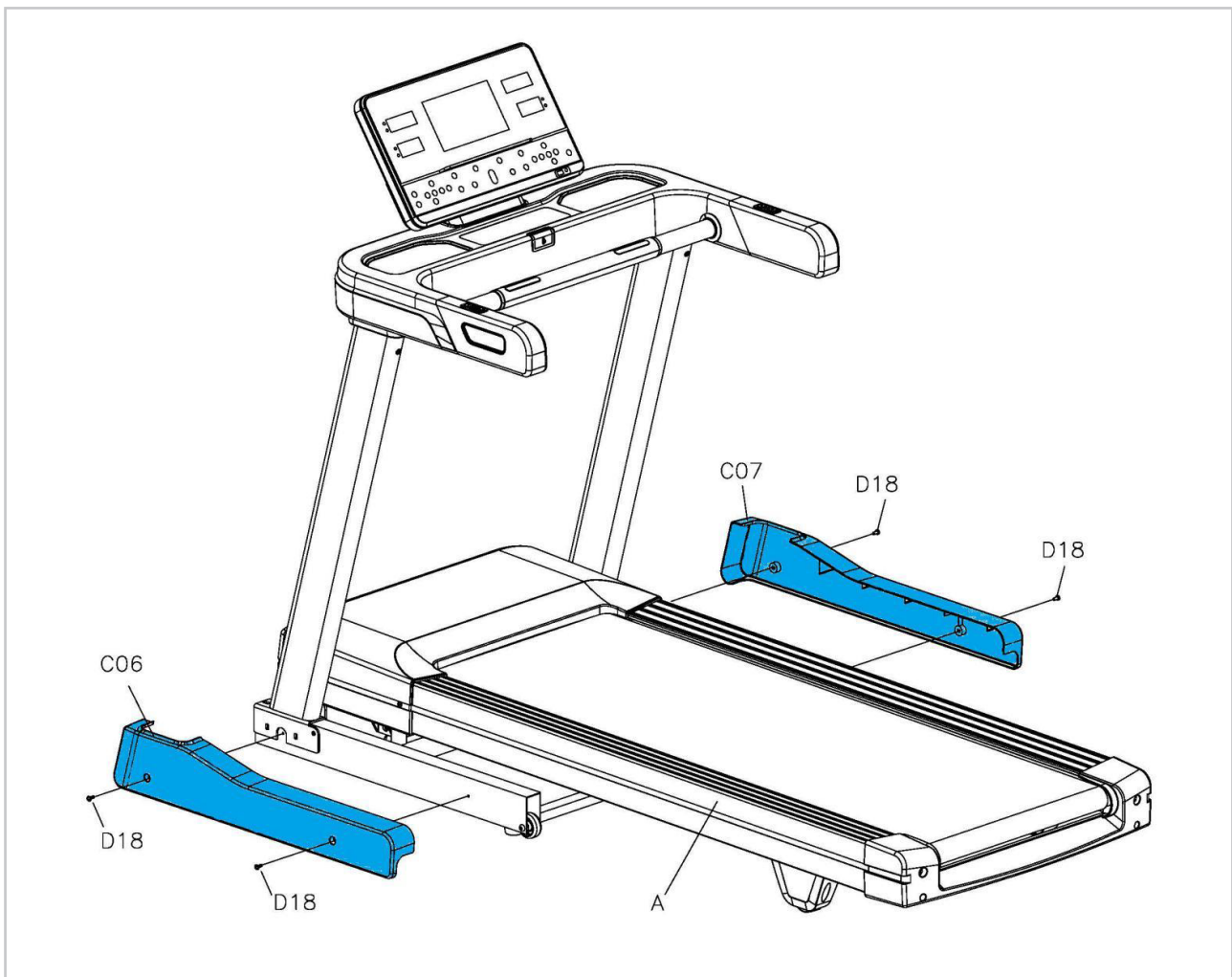
- Use a Phillips screwdriver (B08) and M5 * 16 bolt.

- Install the left and right guards in frame A.

- Check that all screws are securely fastened. Make sure the treadmill is stable.

ATTENTION

- When using the treadmill, always go before the treadmill rolls on the rails stand. Once the tire rolls, you can stand on the walking platform. In this way, the engine least loaded.

- After using the treadmill, turn off the power switch (on / off). In addition, do not use the emergency stop unnecessary, only in an emergency. In this way, the circuit board is least loaded.

SAFETY KEY
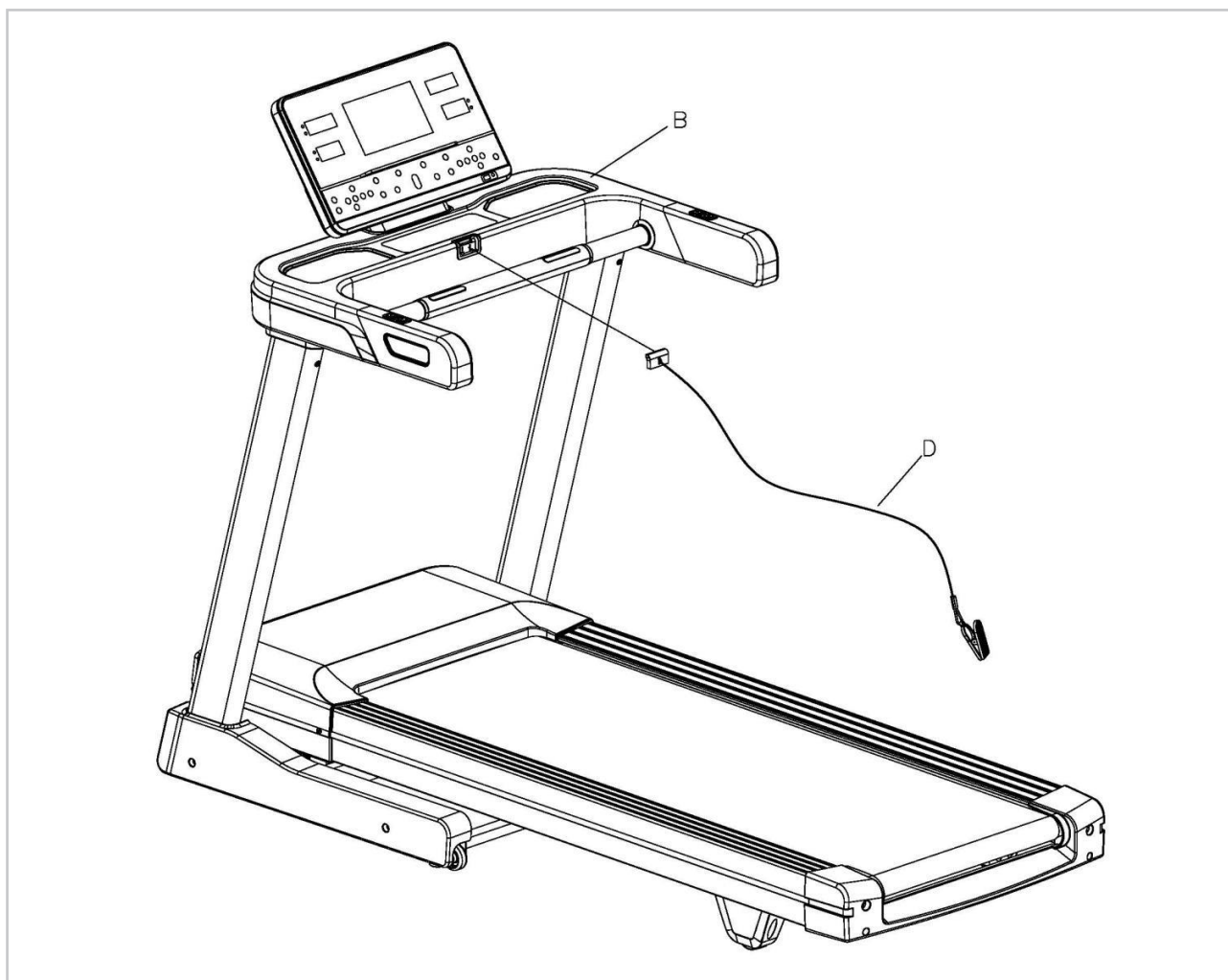
- Install the safety key D in the console.

- When you start walking, attach the safety key D to your clothes. Pull at one emergency on the key safety cord and the walking belt will stop immediately.

NOTE: *Store your machine in a dry area away from children and high traffic areas as shown in the illustration. Be sure it is secure and cannot fall onto small animals or children.*

FOLDING

Hold the treadmill at position K as shown in the illustration. Push the treadmill up until you hear a click from the gas spring. Note: Do not fold the treadmill while it is still in use.

NOTE: *Do not fold the treadmill while it is in use.*
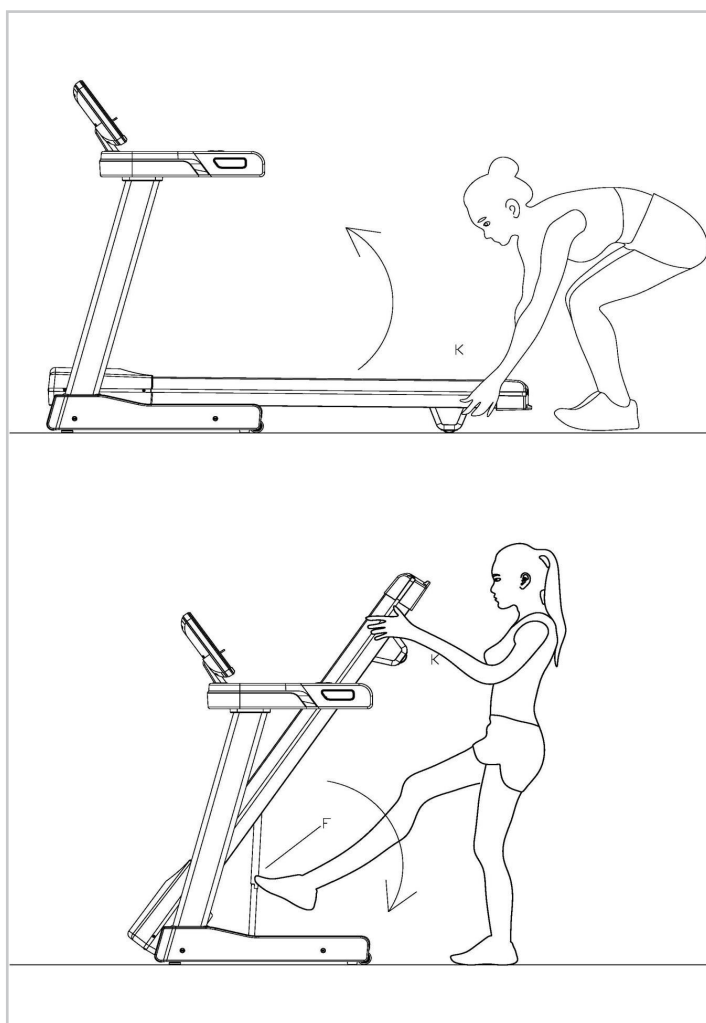
MOVING THE TREADMILL

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To lift the treadmill, place your hands at position K to support the treadmill. Place one foot in position L to hold the bottom of the treadmill in place. Lower the treadmill (K). When the lowest point is reached with (K), the wheels of the treadmill can be used.

To move the treadmill, hold the treadmill at position K and lift the treadmill so that it can roll on the ground with the wheels.
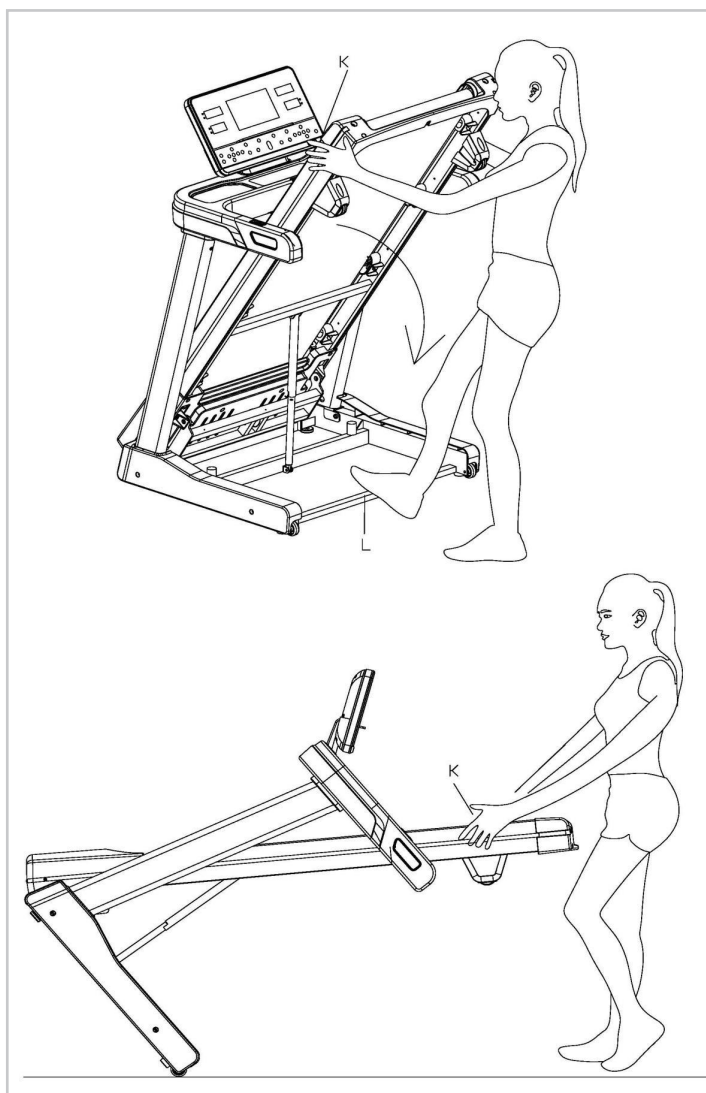
RUNNING BELT ADJUSTMENT
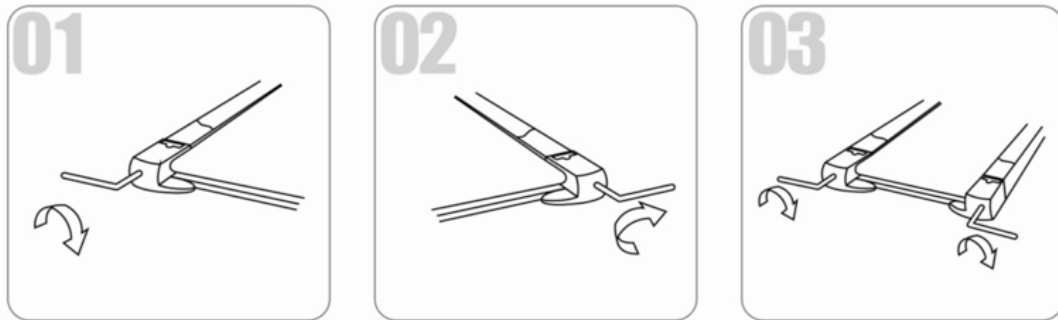
01. Running belt deviates to left: Start the machine, set speed at 2-3 km/h without a load on the belt, use Allen key to turn the screw 1/4 turn (see fig. 1). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

02. 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.

03. 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).

LEVELING THE TREADMILL

You can balance the treadmill by adjusting the foot pad (B02) if the ground is uneven; Turn the foot pad (B02) to the left side by cross solid wrench (B08) will increase the height and turn to the right side will decrease the height.
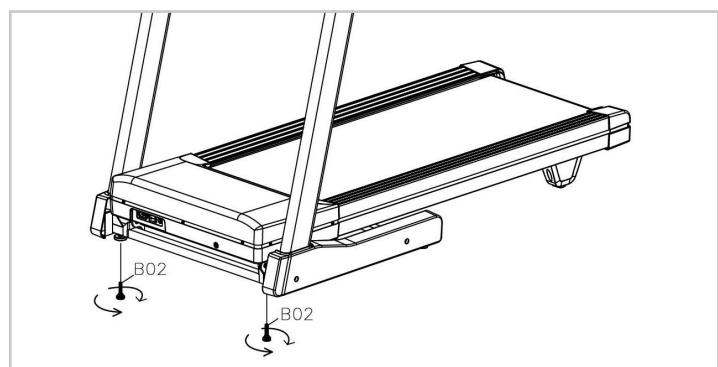
Safe and effective use can only be achieved if the device will be assembled and maintained well. It is your responsibility to ensure that the equipment is regularly maintained. Parts that are already used and / or damaged must be replaced before continuing using. The rower machine may only be used indoors 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

WARNING:
Before cleaning the machine, please make sure the power has been switched off.

**Cleaning:** Wipe away the dust on the belt, running board and side footboard as excess dust may increase the frictional on the belt and cause damage to the machine. It is recommended to clean the machine once a month.

LUBRICATION

ATTENTION: *In order to prolong the lifespan of the treadmill, we suggest switch off the treadmill for about 10 minutes after 2 hours' exercising. Running belt is too loose or tight will do harm to the treadmill. So keep a suitable tightness is very important. We suggest you grasp the running belt and pull it up to a certain distance until you cannot pull it up anymore. If the distance is between 50-75mm, we think the tightness of the running belt is suitable.*

Lubricate the treadmill

- Lubrication of the treadmill is necessary every time 300 km has been walked on the treadmill. The treadmill will make an alarm "di di di" and the screen will show "OIL" to inform you of your treadmill needs oil lubrication. Apply the oil to the center of the treadmill mat.
- After lubrication press the STOP key for more than 3 seconds in standby mode and then the machine will sweep off the alarm and lubrication information. We suggest you lubricate the machine as the following method: People who use the treadmill less than 3 hours per week, please lubricate the machine per 6 months People who use the treadmill less than 3-5 hours per week, please lubricate the machine per 3 months 3 People who use the treadmill more than 5 hours per week, please lubricate the machine per 2 months.
- **Running belt is off-center:** The Running belt may become off-center after using for a period of time. First allow the machine to run by it-self and the belt may centralize automatically. If it does not centralize automatically, you can adjust the position of the belt by screwing the bolt shown in the images below. If the running belt has shifted to the right, you need to tighten the screw on the right of the belt or loosen the screw on the left. If the belt has moved to the left, do the opposite.
- **Belt Slipping:** Please adjust bolts according to the diagram below. When adjusting the two sides make sure each adjustment is the same, on either side of the treadmill. We recommend adjusting by half a turn until the running belt does not slip or deviate. Avoid making the belt too tight as this may damage it.
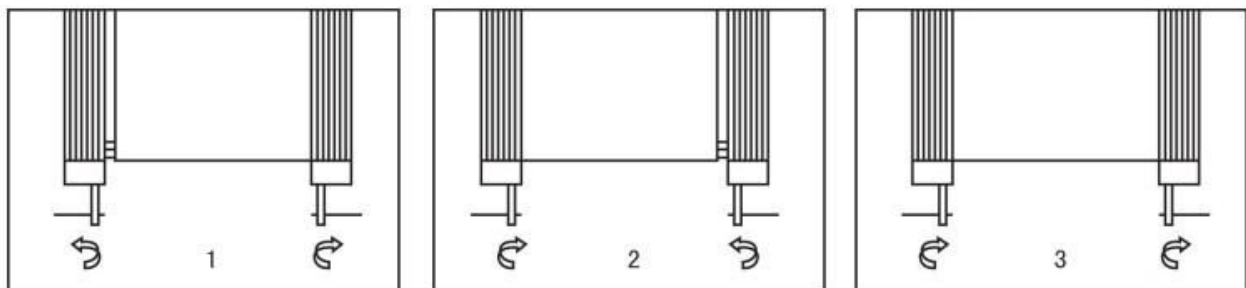
NOTE: *Any repair must be done by a professional technician unless otherwise specified by the supplier or manufacturer.*

USAGE OF SILICONE OIL

Pull up tightly of the running belt. Then put the silicone oil to running board. Then start the machine to running 3 minutes without loading. It is better to maintain like this every 30 hours working of the machine. This can save lifetime of parts properly.

We recommend that you do the following:

- Disconnect the power cord after every use, especially when children are present.
- Clean the treadmill after use.
- Use a dry cloth to cover the control panel and areas around the on/off switch clean.
- Use a soft clean cloth and detergent to remove stubborn stains and dirt from the treadmill.
- Tighten the treadmill once a month.
- Keep your treadmill away from heat and water in a safe, dry place.

Regular maintenance prolongs the life of your treadmill and prevents injury!

MALFUNCTION AND SOLUTION

There is no signal when power on

- First check whether the over load protector is open or not, if opened, please close it.
- Make sure the wire of the switch, over load protector and driver are connected well.
- Make sure the wire between the monitor and driver is connected well.

The display shows E01 after switch on

- There something wrong with the signal cable. Please check each cable between display and the driver is ok or not.
- There are something wrong with the display component part, please replace the display.
- Replace the transformer.

The display shows E02 after switch on

- Check the motor cable is ok or not, if not please reconnect the motor cable. If it does not work, please replace the motor.
- Check the controller whether there is any special smell. If so please replace the controller.
- Check whether the input voltage is correct or not. Please use the right input voltage.

The display shows E03 after switch on-----no sensor signal

- If the motor start working for about 5-8 seconds and then the monitor displays E03. E03 stands for there is no speed signal. Please check whether the speed sensor is connected well or not. In addition please check whether the sensor is broken or not.
- The sensor wire on the PCB board is broken, please replace the PCB board.

The display shows E04 after switch on - failure of the ramp

- Check whether the cables are properly seated in the ramp motor.
- Check the AC motor wire of the ramp motor, make sure it is connected correctly on the control panel.
- After checking all the wires, press the LEARNING button on the control plate to select one perform slope calibration.

The display shows E05 after switch on-----overload protection

- The treadmill is overloaded, please restart
- Perhaps a part has jammed causing the engine to be overweight, preventing the machine from operating. Adjust or lubricate the treadmill with a little oil.
- Check the engine for a distinct odor or overload noise. If so replace than the engine.
- Check the control board; replace it if necessary.

The display shows E06 after switching on open circuits of the motor

- Reconnect the motor wire.
- Replace the motor.

The display shows E08 after switching on: indicates an error in the memorizer 24C02

- The memorizer IC is not properly connected, please reconnect.
- The memorizer IC is broken, replace the IC.

The display shows E10 after switching on: direct short circuit of the motor

- The control panel coupling is too large, then adjust the torque potentiometer to adjust the reduce torque value.
- The motor has a short circuit, replace the motor.
- The moving parts are shaken, please adjust and coat them with oil.

The display shows E13 after switching on: communication error from the control panel to the display

- Check the wire from the control panel to the display, if the wire is broken, change it than for a new one.
- Check the electronic parts of the display, replace for a new display like this is out of order.
- A new control panel.

CONSOLE

FUNCTION	
TIME	Display running time. Display range is 0:00-18h.when get to the maximum time limit, it will not stop and count from 0:00 again. Incountdown mode the display range is 99 mins-0 min. when reach to 0:00, the time window will show "END", after 5 seconds it will stop and enter into standby mode.
DISTANCE	Display the running distance. The display range is 0.00-99.99.when get to the maximum distance limit, it will not stop and count from 0:00 again. In countdown mode it will show from setting data to 0.00, when count to 0, the window will show "END", after 5 seconds it will stop and enter into standby mode.
INCLINE/ PULSE	Display incline levels and . Incline display range is 0.0-15.0 levels. Hold the pulse sensors with both hands for 5 seconds to calculate and display the runner's heart beats per minute, the display range is 50-200 beats/min (This data is just for reference, and cannot be used as the medical data).
SPEED	Displaythe running speed. The speed range is 0.8—20km/h.

FUNCTION	
CALORIES	Display runner's calories worked out. Display range is 0.0-999. When get to the maximum calorie limit, it will not stop and count from 0.0 again. In countdown mode it will show from setting data to 0.0. When reach to 0.0, the window will show "END", after 5 seconds it will enter into standby mode.
PULSE	Display the runner's heart beat when the runner holds handle pulse with two hands. The system can calculate the runner's heart rate and show in this window, the range is 50-200 beats/min (This data is just for reference, please not use as medical data).
STEPS	Display running steps, the display range is 0-99999. When get to the maximum step limit, it will count from 0 again. In countdown mode the window will show from setting data to 0,when reach to 0 the window will show "END", after 5 seconds it will enter into standby mode.
PACE	Display running pace of how many minutes per Km.
MATRIX	Display running speed and incline. In speed window one square stands for 2 km/h and in incline window one square stands for 2 sections.
LSCD SQUARE WINDOW	Display TIME, DISTANCE, SPEED,CALORIES and PULSE in turns with pressing DISPLAY-ALT button. Display "FAT" in FAT mode.
HEART RATE	Display heart rate progress. Heart rate progress include Warm up, moderate, high and maximum four stage.

BUTTON	FUNCTION
START	When getting through the power and safety key attached, press this button at any time, ready for 3 seconds and then the machine will start.
STOP	When running, press STOP key once the treadmill will be paused and the screen shows "PAU". The system will keep your running data and you can press "START". Press the STOP key twice the treadmill will stop .All the data will clear and go back to standby mode.
MODE	Press to choose running mode on standby mode: include time countdown mode"30:00", distance countdown mode"1.00", calorie countdown mode"50.0", step countdown mode"5000". The window will flash all the time when you choose the function. Press SPEED+/- or ICLINNE+/- button to set the data and press START button to start running.
PROGRAM	Press this key to choose suitable program. The programs are: P1 (CLIMB), P2 (INTERVAL), P3 (LOSEWEIGHT), P4 (WALK), P5 (RUN), P6 , P7, P8, P9, P10, ...P24, U1,HRC, FAT.
QUICK PRORAM BUTTONS	You can chose MANUAL, P1(CLIMB),P2(INTERVAL),P3(LOSE WEIGHT),P4(WALK),P5 (RUN) ,the screen will show the TIME "30:00", at this time you press the button of INCLINE+ , INCLINE -, SPEED + , SPEED- can change the setting time from 30:00 to any time you want . Or maybe you do not want to change the time you can press the START button right away.
- SPEED +	In setting mode it can change the target data and in normal working mode it can change the speed by 0.1km/h per time. When you press "-SPEED+" key lasting for 0.5 sec the speed data will change continuously.
- INCLINE +	In setting mode it can change the target data and in normal working mode it can change the incline by 0.1 sectionper time. When you press "-INCLINE+" key lasting for 0.5 sec the incline data will change continuously.
INCLINE 3 5 7 9	Incline quick buttons, press to choose incline section.
SPEED 4 6 8 10	Speed quick buttons, press to choose speed.

CONTROL PANEL

BUTTON	FUNCTION
DISPLAY ALT	Press this button will make TIME, DISTANCE, SPEED,CALORIES and PULSE display in turns.
USER 1, USER 2	This machine can store the information of two users. With the PROGRAM key, users 1 and 2 can be logged in.The MODE button can be used to modify the data of USER1 and USER2. For more details, you can look though the USER1, USER2 description.

QUICK START

1. Open the power switch; insert the magnet end of the safety pulling rope to the computer.
2. Press the "START" key and then the machine will work with speed 0.5MPH after the beeper countdown from 3 to 1.
3. According to your need you can change the speed and incline by pressing"–SPEED+"and "–INCLINE+"separately.

MANUAL MODE

1. Press "START" in standby mode, the machine will work at speed of 0.5MPH and all other windows will count from 0. Press"–SPEED+"to change the speed and press "–INCLINE+"to change the incline.
2. In standby mode press the "MODE" key to enter into time countdown mode. "30:00" will be flashed in "TIME" window. Press"–SPEED+" or "–INCLINE+" to settarget time from 5:00 to 99:00.
3. Press "MODE" 2 times to enter into distance countdown mode, and the window will show "1.00", press"–SPEED+" or"–INCLINE+" to set the target distance. Distance setting range is 0.50-99.90.
4. Press "MODE" 3 times to enter into calorie countdown mode. The window will show "50.0". Press"–SPEED+" or "–INCLINE+" to set the target calories. Calorie setting range is 10.0-999.
5. Press"MODE" 4 times to enter into steps countdown mode. The window will show "5000". Press"–SPEED+" or "–INCLINE+" to set the target steps. Steps setting range is 100-999000.
6. Press "START" to exercise after setting the countdown data. During exercise you can press "-SPEED+"or "-INCLINE+" to adjust the speed or incline. Press "STOP" key to stop the treadmill.

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QUICK PROGRAM AND BUILT-IN PROGRAM

You can enterbuilt-in program by pressing program quick buttons or press "PROGRAM". TIME window will display default running time "30:00" and flash all the time. You can change therunning time by pressing "-SPEED+"or "-INCLINE+". Press "START" the machine will start after 3 seconds. Each program is divided into 16 sections. When the program enters into next section, system will beep; the speed and incline will change according to the program preset data. You can press "-SPEED+"or "-INCLINE+" to adjust the speed and incline. After completing a program, the system will beep and display "END". The machine will stop smoothly and return tostandby mode after 5 seconds.

PROGRAM INTRODUCTION

SECTION / PROGRAM		Time interval for each section= setting time/16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
U1 (MANUAL)	SPEED	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	INCLINE	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P1 (CLIBM)	SPEED	5	7	8	10	12	10	8	5	5	8	10	12	10	8	7	5
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P2 (INTERVAL)	SPEED	5	10	10	5	5	10	10	5	5	10	10	5	5	10	10	5
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P3 (LOSE WEIGHT)	SPEED	5	5	8	8	5	5	5	8	8	5	5	5	8	8	5	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P4 (WALK)	SPEED	5	7	7	8	8	7	7	10	10	7	5	5	7	7	10	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P5（RUN）	SPEED	5	9	9	11	11	12	5	5	9	9	11	11	12	9	9	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P6	SPEED	5	6	6	6	7	8	10	10	8	9	10	10	8	6	5	5
	INCLINE	0	5	5	5	4	4	4	3	3	3	3	4	4	4	0	0
P7	SPEED	5	5	5	5	6	7	5	6	7	5	6	7	5	5	5	5
	INCLINE	0	4	4	4	3	3	6	6	6	7	7	8	8	9	0	0
P8	SPEED	5	5	5	8	9	9	6	8	9	6	8	9	6	6	5	5
	INCLINE	0	5	5	5	6	6	6	7	8	9	9	9	10	10	0	0
P9	SPEED	5	6	6	9	9	6	9	10	6	10	11	11	6	6	5	5
	INCLINE	0	5	5	6	6	6	4	4	6	6	5	5	8	8	0	0

P10	SPEED	5	6	7	8	9	7	6	8	10	10	8	8	7	6	5	5
	INCLINE	0	6	6	6	7	5	8	8	4	4	4	5	5	8	0	0
P11	SPEED	5	7	10	12	9	9	12	12	9	9	12	12	7	7	5	5
	INCLINE	0	5	3	2	6	6	2	2	2	2	2	4	5	6	0	0
P12	SPEED	5	6	7	8	9	10	6	6	6	6	8	8	8	7	5	5
	INCLINE	2	3	4	3	3	3	3	3	3	5	5	5	5	4	4	4
P13	SPEED	4	6	8	12	12	10	10	8	8	12	14	10	12	8	8	4
	INCLINE	2	4	6	8	6	6	4	10	8	10	6	6	4	8	6	2
P14	SPEED	6	8	10	12	14	14	10	8	8	12	14	10	12	8	8	4
	INCLINE	4	4	6	8	6	6	6	6	8	10	6	8	8	8	6	2
P15	SPEED	4	6	10	12	14	14	10	8	8	12	14	10	12	8	8	4
	INCLINE	2	6	6	8	6	8	4	6	8	6	6	8	4	8	6	2
P16	SPEED	6	6	8	8	6	6	8	8	10	6	6	6	8	6	6	4
	INCLINE	2	4	2	2	4	2	4	6	2	4	6	4	2	4	6	2
P17	SPEED	4	6	6	8	6	6	8	6	4	4	4	6	6	8	10	4
	INCLINE	6	8	12	6	14	8	10	6	8	12	14	10	10	8	6	2
P18	SPEED	4	6	8	6	6	6	6	8	8	6	6	6	6	8	6	4
	INCLINE	2	4	2	2	4	2	4	6	2	4	6	4	2	4	6	2
P19	SPEED	2	4	4	6	8	10	8	6	4	8	8	8	6	6	6	4
	INCLINE	2	2	4	8	6	6	4	2	8	6	4	2	4	6	4	2
P20	SPEED	6	6	8	10	12	6	8	8	12	6	6	14	8	4	8	4
	INCLINE	2	4	10	6	4	6	8	6	2	8	6	4	6	4	6	4
P21	SPEED	6	6	8	10	6	6	10	12	10	6	6	6	10	8	6	4
	INCLINE	2	4	2	2	4	2	4	6	2	4	6	4	2	4	6	2
P22	SPEED	6	6	8	10	12	6	8	8	10	6	6	10	8	6	8	6
	INCLINE	2	4	6	2	4	6	6	6	2	8	6	4	4	4	6	4
P23	SPEED	4	4	6	6	4	6	6	8	8	6	6	6	6	8	6	4
	INCLINE	2	4	2	2	4	6	4	4	4	4	2	4	2	4	4	2
P24	SPEED	2	4	4	4	6	6	4	6	4	4	4	4	2	4	6	2
	INCLINE	2	4	6	4	6	2	4	2	4	6	8	4	4	6	2	2

EN

MANUAL MODE

MANUAL is self-define program. User can create personal workout, one self-define program is available:

1. **Manual program setting**

    Press "MANUAL" to enter into MANUALprogram in standby mode.The PROG window will shows"U1" and TIME window will shows default time "30:00". You can reset running time by pressing "-SPEED+"or "-INCLINE+". After set the running time, press "MODE" to set the speed and incline of each section.Time interval for each section= setting time/16. Press "-SPEED+" to set the speed and "-INCLINE+"to set the incline. Then press "MODE" to save the data and move to set the next section until finish. The data will be saved all the time before you change it.

2. **Start of the MANUAL program:**

    Press"MANUAL"to enter into the MANUAL model ,and then keeping press PROGRAMS button until the display show U1,at this time, you can press START button to start.

3. **MANUAL program setup instructions**

    Each program is divided into 16 time periods. When setting, the SPEED, INCLINE and TIME of the 16 time periods should be set before pressing "start" button to start the treadmill.

HRC PROGRAMMA

AGE	BPM			AGE	H	DEFAULT	L	AGE	H	SEFAULT	L
	H	DEFAULT	L								
15	195	123	123	35	176	111	111	58	154	97	97
16	194	122	122	36	175	110	110	59	153	97	97
17	193	122	122	37	174	110	110	60	152	96	96
18	192	121	121	38	173	109	109	61	151	95	95
19	191	121	121	39	172	109	109	62	150	95	95
20	190	120	120	40	171	108	108	63	149	94	94
21	189	119	119	41	170	107	107	64	148	94	94
22	188	119	119	42	169	107	107	65	147	93	93
23	187	118	118	43	168	106	106	66	146	92	92

24	186	118	118	44	167	106	106	67	145	92	92
25	185	117	117	45	166	105	105	68	144	91	91
26	184	116	116	46	165	104	104	69	143	91	91
27	183	116	116	47	164	103	103	70	143	90	90
28	182	115	115	48	163	103	103	71	142	90	89
29	181	115	115	49	162	103	103	72	141	90	89
30	181	114	114	50	162	102	102	73	140	90	88
31	180	113	113	51	161	101	101	74	139	90	88
32	179	113	113	52	160	101	101	75	138	90	87
33	178	112	112	53	159	100	100	76	137	90	86
34	177	112	112	54	158	100	100	77	136	90	86
				55	157	99	99	78	135	90	85
				56	156	98	98	79	134	90	85
				57	155	98	98	80	133	90	84

L-H: HEART RATE RANGE (LOWEST-HIGHEST).

1. In standby mode, press "PROGRAM" button continuously until HRC appears in distance window.

NOTE: *AIf you press "START" directly under HRC mode, the system will recommend a parameter under age 30target heart rate 114 and max speed 10Km/h.*

2. After choose HRC program, press "MODE" for three seconds to enter into age setting. Time window will show default age 30. You can reset by pressing "-INCLINE+" and "-SPEED+" buttons. Age setting range is from 15 to 80.
3. After setting age, press "MODE", system will recommend a suitable target heart rate for reference. You can reset from 84 to195 by pressing "-INCLINE+" or "-SPEED+".
4. After setting target heart rate, press "MODE" to set maximum speed by pressing "-INCLINE+" or "-SPEED+". Speed setting range is 3.0-18.0Km/h.
5. After setting maximum speed, press "MODE" to enter into time setting. "TIME"window will show default time10:00, press "-INCLINE+" or "-SPEED+" to reset from10:00 to 99:00.
6. After setting the above data, press "MODE" to enter standby mode and press "START" to begin exercise. All the setting data is for single use, when finish running, the date will swept off.
7. You can adjust the incline and speed during exercise by"-SPEED+" and "-INCLINE+". But the system will change the speed and incline automatically according to the target heart rate.

8. The exercise will start with speed 3.0km/h and system will detect your heart rate signal every 20 seconds,

    • Als de gedetecteerde hartslag lager is dan de 90% van de beoogde hartslag, accelereert de snelheid 1,0 km/u.
    • If detected heart rate is less than the 90% of the target heart rate, speed will accelerate 1.0km/h.
    • If detected heart rate is less than the 95% of the target heart rate, speed will accelerate 0.5km/h.
    • If detected heart rate is less than the 97% of the target heart rate, speed will accelerate 0.3km/h.
    • If detected heart rate is between97%-103% of the target heart rate, speed will not change.
    • Instead if the detected heart rate is more than 110% of the target heart rate, speed will decrease 1.0km/h.
    • If detected heart rate is more than 105% of the target heart rate, speed will decrease 0.5km/h.
    • If detected heart rate is more than 103% of the target heart rate, speed will decrease 0.3km/h.
    • If detected heart rate is between 97%-103% of the target heart rate, speed will not change

When reach the max speed, but the heart rate is more than 103% or less than 97% of the target heart rate, system will decrease or increase incline by 1 step or increase 1 step until the heart rate is between 97% 103% of the target heart rate. If there is no heart rate signal lasts for more than 30 seconds, system will show "NO HR", after 20 seconds still no signal detected, the treadmill will be stop.

NOTE:
1. *Heart rate control program only available when chest belt is used, and chest belt must stick closely toyour chest and skin.*
2. *Playing music or video with fast tempo and changeful rhythm may disturb heart rate detection.*

BODY FAT TEST
3. Press"PROGRAMS" continuously in standby mode till the distance window show "FAT".
4. Press "MODE" enter F-1 to input sex by pressing "-SPEED+" (01-male 02-female).
5. Press "MODE" enter F-2 to input age by pressing "-SPEED+" (age range: 10 – 99).
6. Press "MODE" enter F-3 to input height by Pressing "-SPEED+" (height range: 100 – 200).
7. Press "MODE" enter F-4 to input weight by pressing "-SPEED+" (height range 20 -150).
8. Press"MODE" enter F-5. When the F5 window display "---", keeps your hands holding the handpulse sheet, the window will display your body fat index in 8 seconds.
9. The best body fat index is between 20 and 25. If the index less than 19 it means you are underweight; if the index between 26 and 29 it means you are overweight. If more than 30 it means you are too fat (the following data is only for reference,please don't use as medical purpose).

F-1	Sex	01-male	02-female
F-2	Age	10-99	
F-3	Height	100-200	
F-4	Weight	20-150	
F-5	FAT	≤19	Underweight
		=(20---25)	Normal weight
		=(26---29)	Overweight
		≥30	Obesity

USER 1 AND USER 2

This treadmill is able to store two user information, You can input personal information such as height, weight and age. The system will keep the last information until you change it.Before running, choose USER1 or USER2,the screen will show LOGIN.Please press PROGRAM key to confirm login.

How to input and revise personal information

1. Choose USER1or USER2, When screen show USER 1 or USER 2.
2. Press "MODE" for three seconds enter FA-1 to input gender by "-SPEED+" (01is male, 02 is female)
3. Press"MODE" enter FA-2 to input age by "-SPEED+" (age range: 10 – 99).
4. Press "MODE" enter FA-3 to input height by "-SPEED+" (height range: 100 to 200 cm).
5. Press "MODE" enter FA-4 to input weight by "-SPEED+" (weight range: 20to 150KG).
6. Press "MODE" for three seconds to keep the data

HEART RATE PROGRESS

- When you use the treadmill, the screen will shows your heart rate progress base on the login USER information.
- To make you sure what running situation you are in. Your limit heart rate= 207 beats/min-(age*0.67).
- While the actual heart rate is a percentage of your limit heart rate.

Heart rate range	Progress
54% below the limit	WARM UP --Low intensity, suitable for warm-up
55-69% of the limit	MODERATE --Medium strength, suitable for weight loss
70%-84%of the limit	HIGH -- High intensity, suitable for cardiovascular regulation
85% above the limit	MAXIMUM

ATTENTION: *Your heart rate should not exceed 85% of your maximum heart rate and should not enter the maximum. If you do, please reduce your workout intensity.*

CONTROL PANEL

SAFETY KEY

Pull off the safety key in any time the machine will stop immediately.Meanwhile all window shows "---"and the beeper alarms. To start the treadmill again, insert the magnet end of Safety Key into the console and press "START".

USB CHARGING

You can charge your electronic devices during exercise through the USB slot.

MP3

You can connect your mobile phone with MP3 wire to play music, choose music and adjust the volume of music by your mobile phone buttons.

ATTENTIONS

1. **Please check the power and the safety key are well or not before training.**
2. **If any accident happened during exercise, please pull off the safety immediately until it stop.**
3. **If there is something wrong with the machine, please connect the retailer as soon as possible. It`s not allowed to repair the equipment by layperson.**
4. **You can pull off the plug from the socket anytime, and this will not do damage to the treadmill.**

INSTRUCTION

1. QR code scanner app is required to scan the QR code with an Android or IOS phone or tablet. This app can be downloaded in the App Store or Google Play Store.
2. Scan one of the QR codes below to go directly to the place in the App Store or Google Play Store where the app is located and can be downloaded.
3. Scan the QR code on the right to go to the user manual of the app. The manual describes step by step how the app should be connected to the device, how the app works and what the options are.
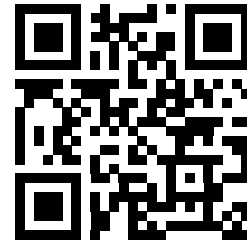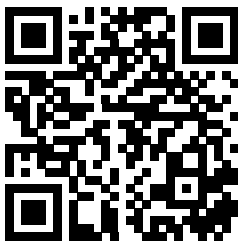
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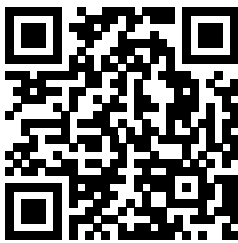
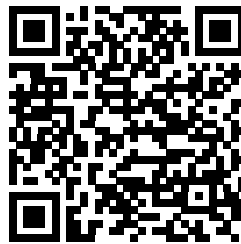| APP STORE	GOOGLE PLAY	USER MANUAL
ZWIFT	ZWIFT	ZWIFT

FITSHOW
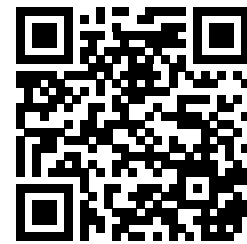
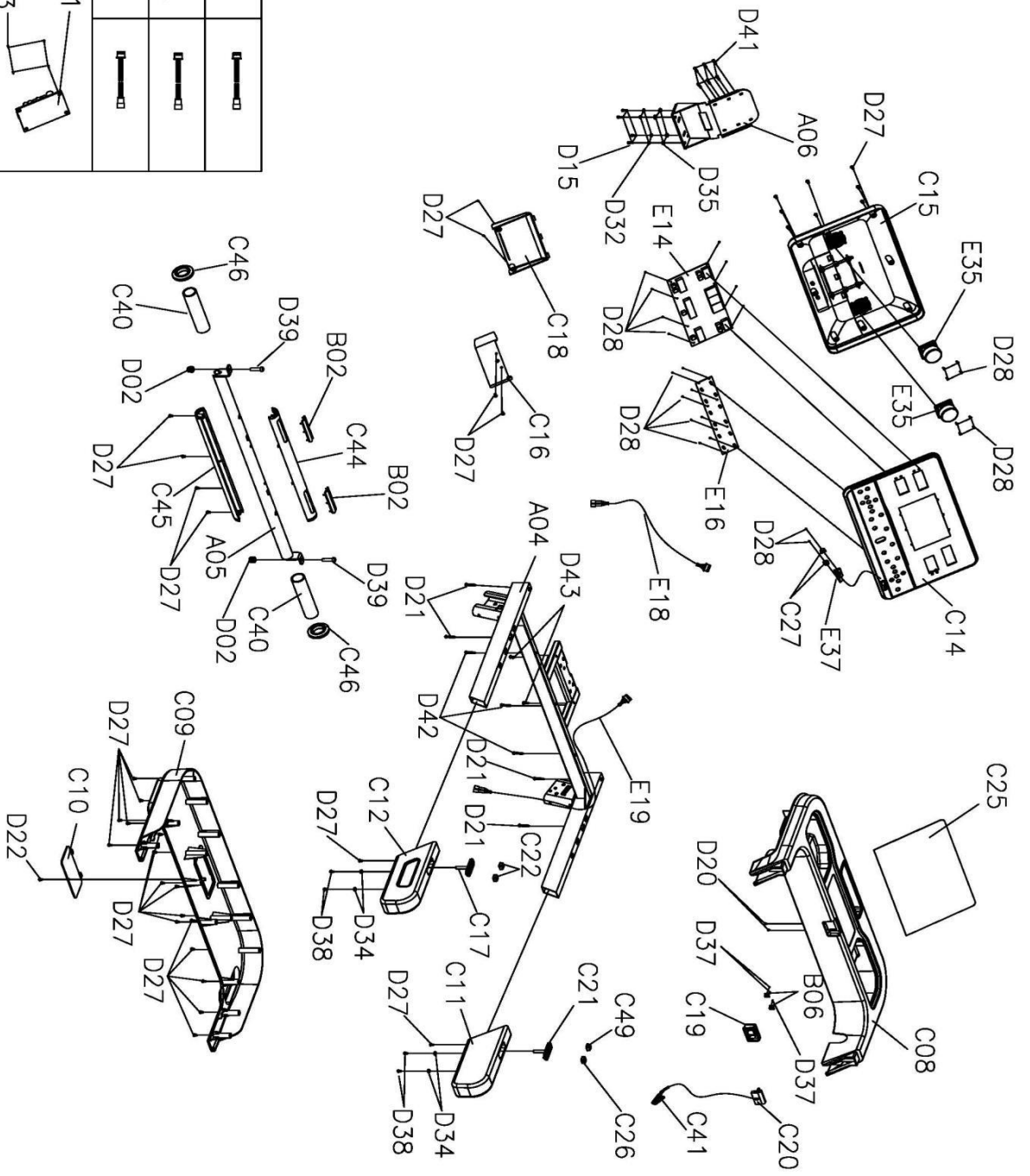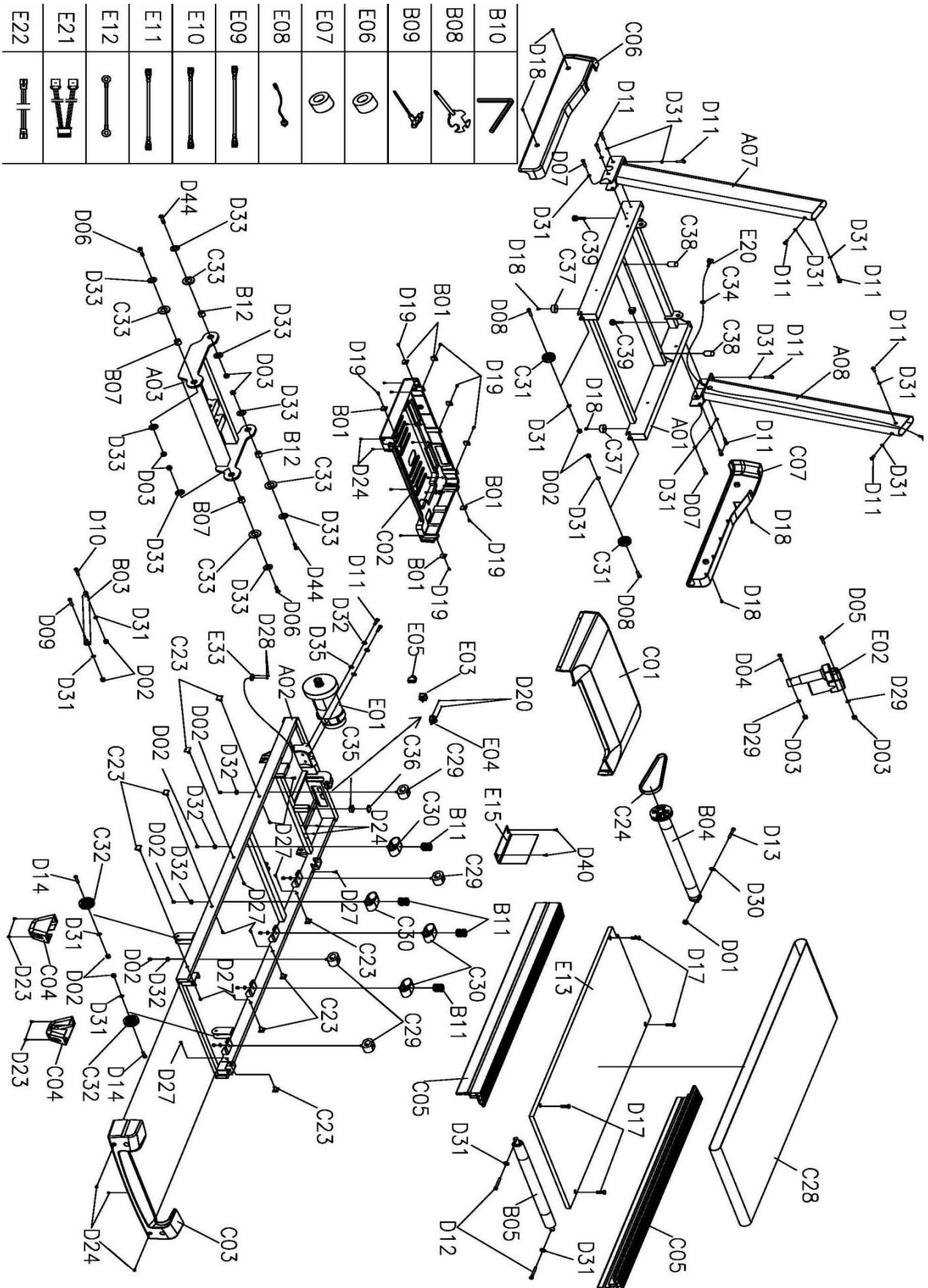| APP STORE	GOOGLE PLAY	USER MANUAL
FITSHOW	FITSHOW	FITSHOW

VirtuFit does not provide service for third-party fitness apps such as Kinomap, iConsole, FitShow etc.. If you encounter any troubles with a third-party fitness app, please contact the app developer.

#	DESCRIPTION	QTY	#	DESCRIPTION	QTY
A01	Bottom frame	1	C11	Left foam handlebar	1
A02	Mainframe	1	C12	Right foam handlebar	1
A03	Incline frame	1	C14	Top panel cover	1
A04	Display frame	1	C15	Bottom panel cover	1
A05	Handlebar frame	1	C16	Frontpanelsupport	1
A06	Display support frame	1	C17	Inclinebuttonbase	1
A07	Left column	1	C18	Bottom panel support	1
A08	Right column	1	C19	Safety key seat	1
B01	Motor cover fixation board	7	C20	Safety key	1
B02	Handle pulse sheet	4	C21	Speed buttonbase	1
B03	Cylinder	1	C22	Button	1
B04	Front roller	1	C23	Side rail fixation seat	2
B05	Rear roller	1	C24	Motor belt	8
B06	Shrapnel	2	C25	Display acrylic	1
B07	Sleeve	4	C26	Volume - buttons	1
B08	Cross wrench with screw driver	1	C27	Audio module locking cap	1
B09	Inner hex wrench	1	C28	Running belt	2
B10	#5 Allen wrench	1	C29	Cushion pad	1
B11	Pressing spring	4	C30	Elliptical cushion pad	4
B12	Step axle sleeve	2	C31	Transportation wheel	4
C01	Motor top cover	1	C32	Adjustable wheel	2
C02	Motor bottom cover	1	C33	Plastic washer	2
C03	Rear cover	1	C34	Annular plug	4
C04	Adjustable wheel 0cover	2	C35	Square tubeplug	2
C05	Side rail	2	C36	EVA pad	1
C06	Left bottom cover	1	C37	Plain foot pad	1
C07	Right bottom cover	1	C38	Cylinder cushion pad	2
C08	Console top cover	1	C39	Adjustable foot pad	2
C09	Console bottom cover	1	C40	Safety key jack	2
C10	Console rear cover	1	C41	Safety key clip	2

#	DESCRIPTION	QTY	#	DESCRIPTION	QTY
C42	EVA pad	1	D24	Screw	15
C43	EVA pad	4	D27	Screw	44
C44	Handle pulse top cover	1	D28	Screw	29
C45	Handle pulse bottom cover	1	D29	Lock washer	2
C46	Annular plug	2	D30	Lock washer	1
C47	EVA pad	1	D31	Lock washer	20
C48	Plastic holder pad	1	D32	Spring washer	16
C49	Volume+ button	1	D33	Big washer	6
D01	Nut	1	D34	Big washer	4
D02	Nut	16	D35	Flat washer	8
D03	Nut	6	D37	Screw	4
D04	Bolt	1	D38	Bolt	4
D05	Bolt	1	D39	Bolt	2
D06	Bolt	2	D40	Bolt	7
D07	Bolt	2	D41	Bolt	6
D08	Bolt	2	D42	Screw	3
D09	Bolt	1	D43	Screw	2
D10	Bolt	1	D44	Bolt	2
D11	Bolt	14	E01	DC motor	1
D12	Bolt	2	E02	Incline motor	1
D13	Bolt	1	E03	Square switch	1
D14	Bolt	2	E04	Power socket	1
D15	Bolt	4	E05	Overload protector	1
D17	Bolt	4	E06	Magnetic ring	1
D18	Bolt	6	E07	Magnetic core	1
D19	Bolt	7	E08	Power cable	1
D20	Screw	4	E09	AC single wire	1
D21	Screw	4	E10	AC single wire	2
D22	Screw	1	E11	AC single wire	2
D23	Screw	4	E12	Earthed wire	1

| #	DESCRIPTION	QTY
E13	Running board	1
E14	ConsolePCB board	1
E15	Control board	1
E16	Button board	1
E18	Top single wire	1
E19	Middle single wire	1
E20	Bottom single wire	1
E21	Heart rate upper wire	1
E22	Heart rate middle wire	
E23	Heart rate bottom wire	2
E24	Safety key upper wire	1
E25	Safety key bottom wire	1
E26	Audio signal input wire	1
E27	Speed shortcutupper wire	1
E28	Speed shortcut middle wire	1
E29	Speed shortcutbottom wire	1
E30	Incline shortcut upper wire	1
E31	Incline shortcut middle wire	1
E32	Incline shortcut bottom wire	1
E33	Magnet sensor	1
E34	Speaker	2
E35	MP3 connection wire	1
E36	USB module	1
E37	USB connection wire	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.

TOE TOUCH

INNER THIGH STRETCH

ACHILLES STRETCH

HAMSTRING STRETCH

SIDE STRETCH
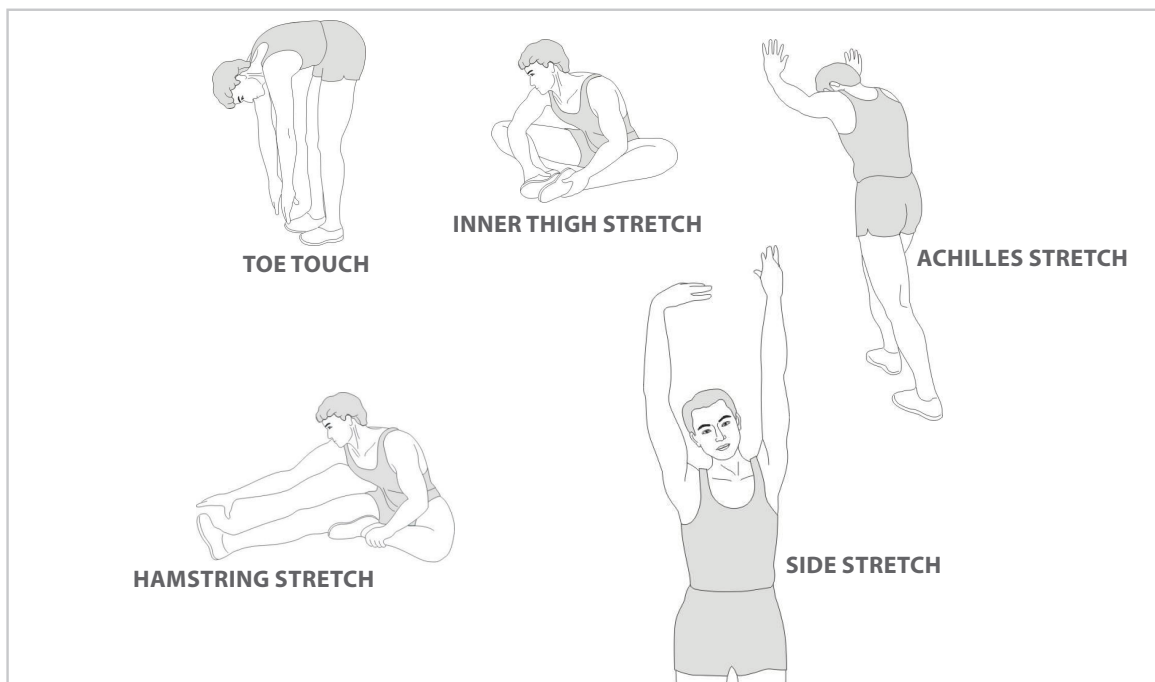
COOLING DOWN

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.

For questions or missing parts please contact your dealer.