

# virtuafit

*TR-200i Treadmill*

## 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 140 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:**

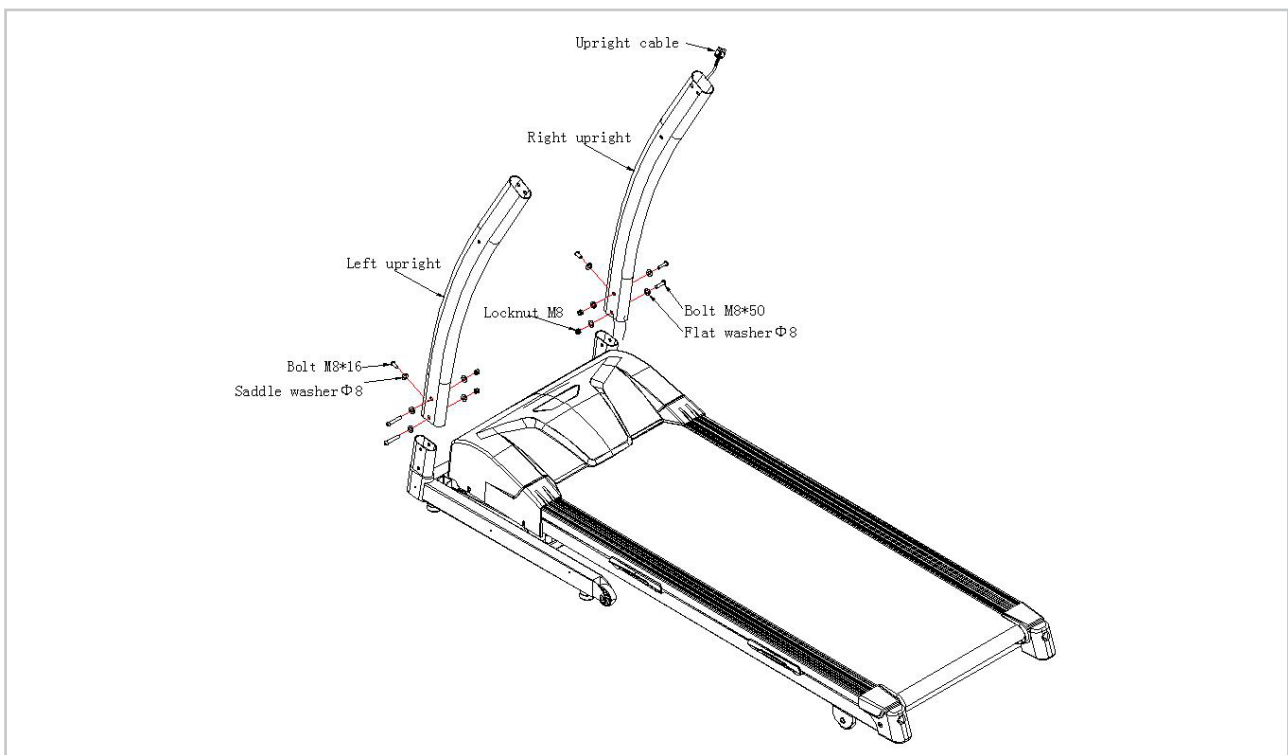
- Maintenance assembly and repair work not carried out by an official dealer.
- In the event of improper use, neglect and / or poor maintenance.
- Failure to maintain the device in accordance with the manufacturer's instructions (see the enclosed manual).

**Missing parts:** If you think you are missing certain parts in your package, carefully check the styrofoam 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.

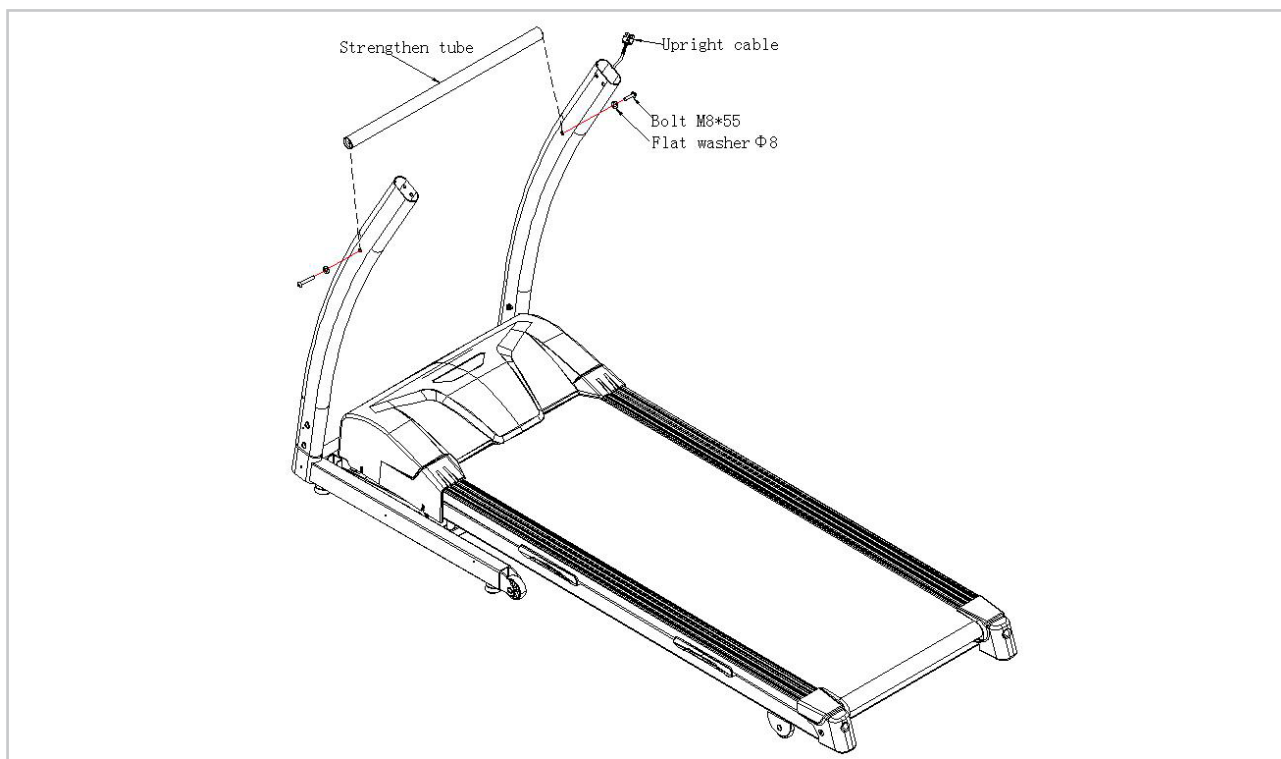
**Socket screws:** The device contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

## STEP 1



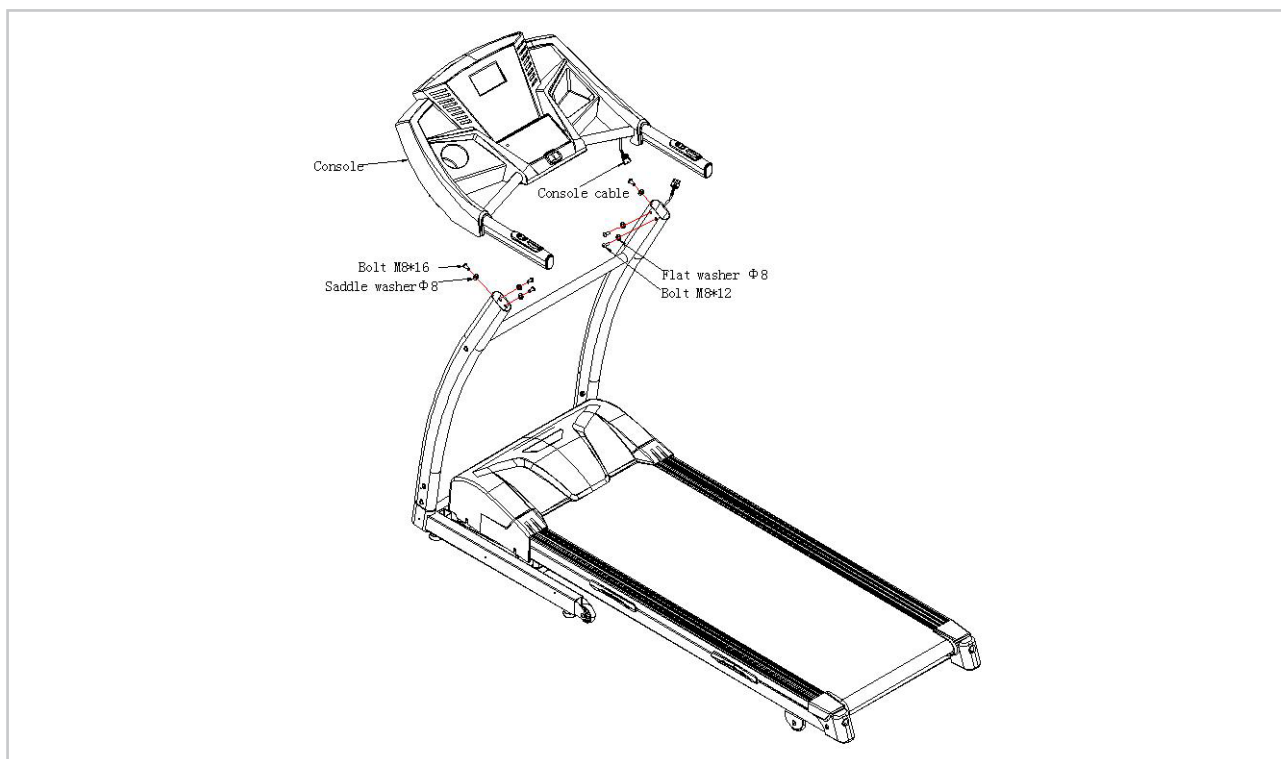
- Let the Upright cable through the right upright.
- Use the bolts and washer fix the left and right upright.

## STEP 2



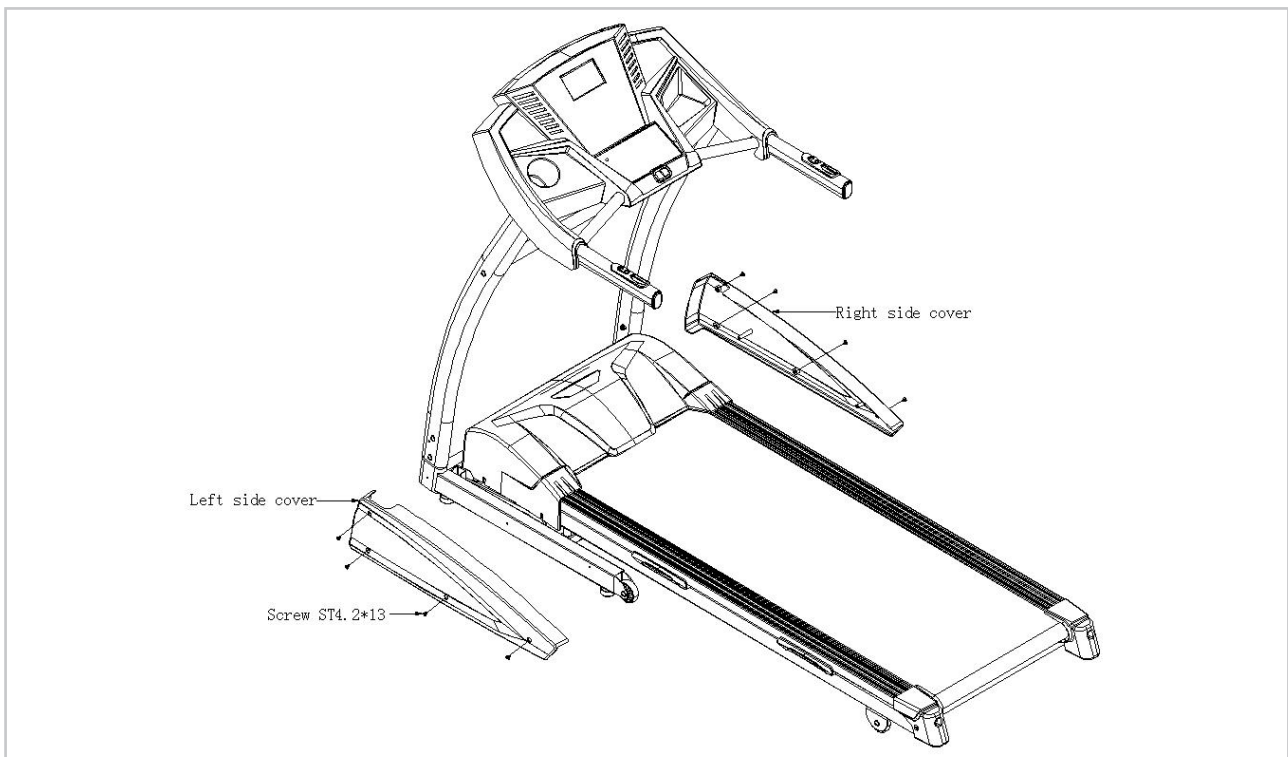
- Fix the strengthen tube to the uprights with bolts and washers.

## STEP 3



- Connect the console cable and upright cable.
- Assembly the console with bolts and washers.

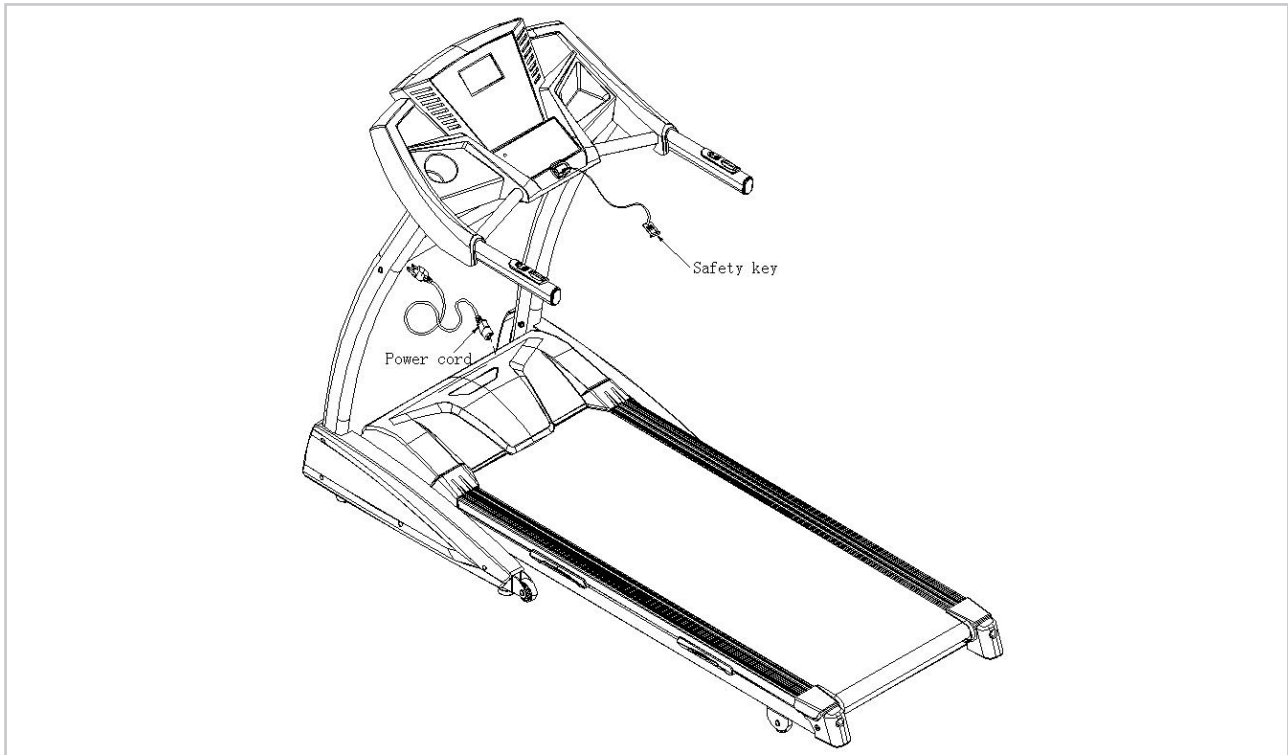
## STEP 4



- Fix the side covers with screws.n.



## STEP 5



- Put on the power cord and safety key, then power on the machine.

**SELF-CHECKING:**

When using for the first time, it is necessary to make the machine carry on. Remove the safety key, press *MODE* and hold, then insert the safety key again, the machine enters into self-checking state. During this state, pressing *START/STOP* two times, the machine begins to self-check. It stops automatically after self-checking.

**Don't stand on the machine when self-checking.**

**When using the treadmill for the first time, you must first calibrate the treadmill:**

Remove the security key, press and hold MODE, then replace the security key. The treadmill is now in the "Self-check" mode, press START / STOP twice to perform installation. The treadmill now performs a check independently.

**IMPORTANT**

*Do not stand on the treadmill when calibrating the treadmill.*

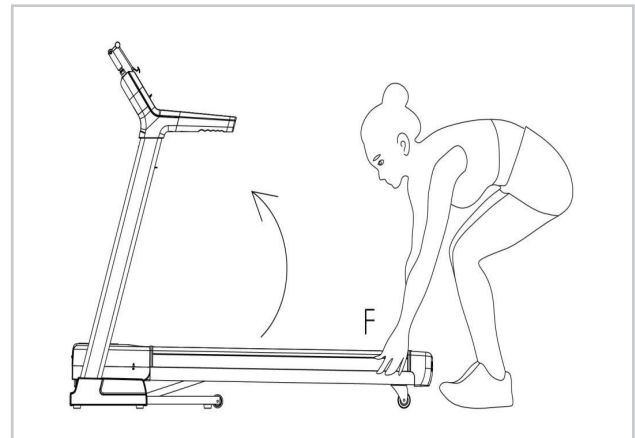
**NOTE:** Store your machine in a dry area away from children and high traffic areas as shown in the illustration. Be sure it is secure and cannot fall onto small animals or children.

## FOLDING

Hold the running deck which showed in "F" position and then fold it up with the arrow direction until you hear a "bang" voice from the air cylinder.

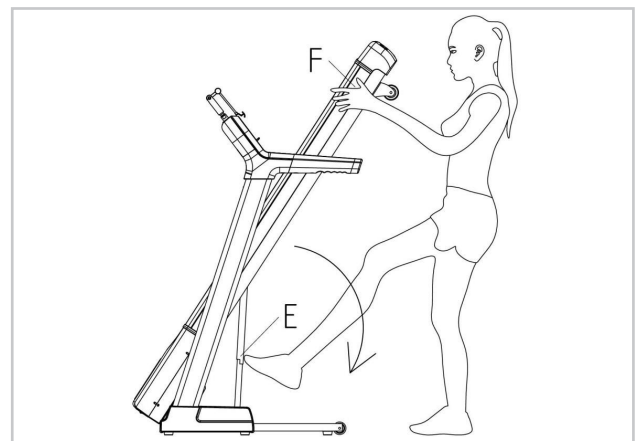
### ATTENTION

**It's forbidden to fold up when the machine is in running or incline mode.**

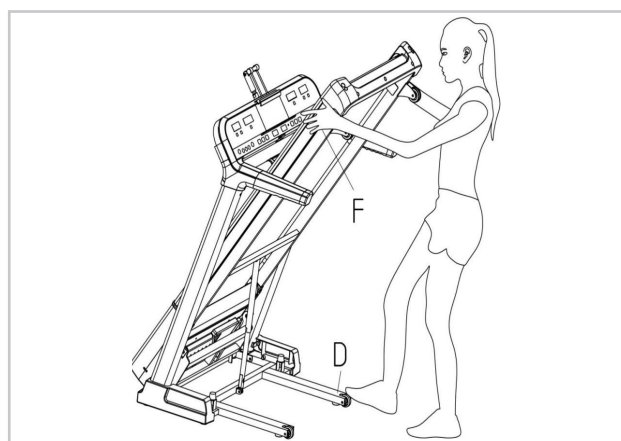


## UNFOLDING

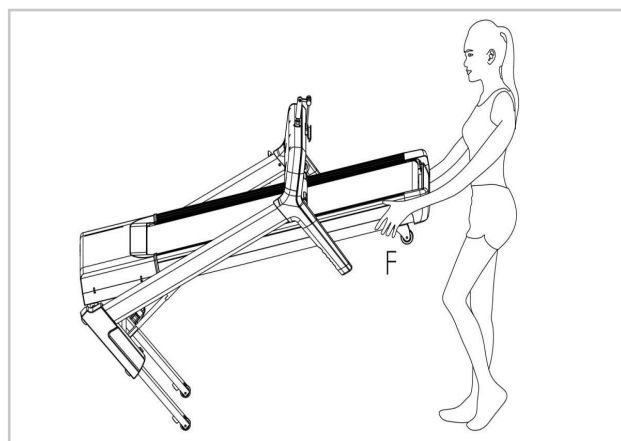
Support place F with hand, kick the place E of air pressure bar, then the base frame will fall down automatically.



To transport, hold the treadmill from position "F" and tilt until the wheels are able to move on the ground.



To tilt, start by placing one hand at position "F" to support the top end of the treadmill. Next, place one foot at position "D" to hold the bottom end of the treadmill steady. With your foot at "D", slowly tilt the top of the treadmill downward towards the ground. Once the Main Frame "F" reaches a low enough point, the wheels of the treadmill will become active.



***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:** General cleaning of the device will extend the life of the treadmill. Hold clean the treadmill by dusting regularly. Be sure to clean the exposed area of the belt and the foot rails of the treadmill on both sides.

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

## LUBRICATING THE BELT

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

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

- **Light user** (less than 3 hours/ week) annually
- **Medium user** (3-5 hours/ week) every six months
- **Heavy user** (more than 5 hours/ week) every three months

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

**NOTE:** *Any repair need the professional technician.*

- We suggest that you should cut off the power for 10 minutes after keep running 2 hours, so that it's good for maintain the treadmill.
- For avoiding the slipping during running, the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt, the belt be away from the plates about 50-75 mm on both sides, if the best not too tight and loose.

**We strongly recommend that you do the following**

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

## USAGE OF SILICONE OIL

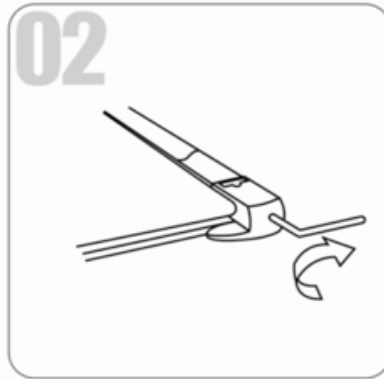
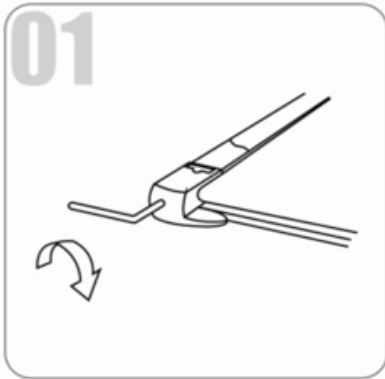
Pull up tightly of the running belt. Then put the silicone oil to running board. Then start the machine to running 3 minutes without loading. It is better to maintain like this every 30 hours working of the machine. This can save lifetime of parts properly.

**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!***

## 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).

### 04. Treadmill shocks when running

Adjust the tightness of the tire in time, as it becomes looser through use.

In this case, remove the safety pin and switch and turn the left and right adjusting bolts 1/4 turn clockwise.

Start walking again until the tire has the correct tightness.



This treadmill is designed in a way that in the event of an electrical fault, the machine will turn off automatically to prevent any injuries to the user and to prevent damage to the machine (i.e. motor). When the treadmill behaves erratically, simply reset the treadmill by turning the power switch off, waiting for 1 minute then turning the power button back on.

If, after you have reset the treadmill, it is still not running correctly, please run the self-checking analyse (please refer to Self-Checking) to distinguish what type of error problem the machine is encountering.

**Before attempting any work on the treadmill, ensure that the power is off and the plug is removed from the power point. Do not use extension leads as it may lead to power decrease and failure.**

| ERROR CODE | DESCRIPTION                      | SOLUTION                                                                                                                                                                                                                                           |
|------------|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>E02</b> | Over voltage protection of motor | <ol style="list-style-type: none"> <li>1. Make the machine self-checking again</li> <li>2. Change the controller</li> </ol>                                                                                                                        |
| <b>E03</b> | Over current protection          | <ol style="list-style-type: none"> <li>1. Clean the dust between running board and belt, then put some oil</li> <li>2. If the running belt wear seriously, please change running belt</li> </ol>                                                   |
| <b>E04</b> | The motor open circuit           | <ol style="list-style-type: none"> <li>1. Check the connect wire of motor, if the connect wire loose, pls connect it again</li> <li>2. The motor carbon brush wear, replace the carbon brush or motor</li> <li>3. Change the controller</li> </ol> |
| <b>E05</b> | EEPROM damage or access problems | Change the controller                                                                                                                                                                                                                              |
| <b>E06</b> | Communication error              | Check the connect wire between incline motor and control board, if it loose or broken, pls change the wire                                                                                                                                         |
| <b>E07</b> | Incline error when self-checking | <ol style="list-style-type: none"> <li>1. Check the connect wire between incline motor and control board, if it loose or broken, pls change the wire</li> <li>2. Change the incline motor</li> </ol>                                               |
| <b>E08</b> | Speed error when self-checking   | <ol style="list-style-type: none"> <li>1. Check the distance from speed sensor to the magnetic of roller, and ajust it with 3mm</li> <li>2. Change the speed sensor</li> </ol>                                                                     |
| <b>E09</b> | Short-Circuit problem            | Change the control board                                                                                                                                                                                                                           |

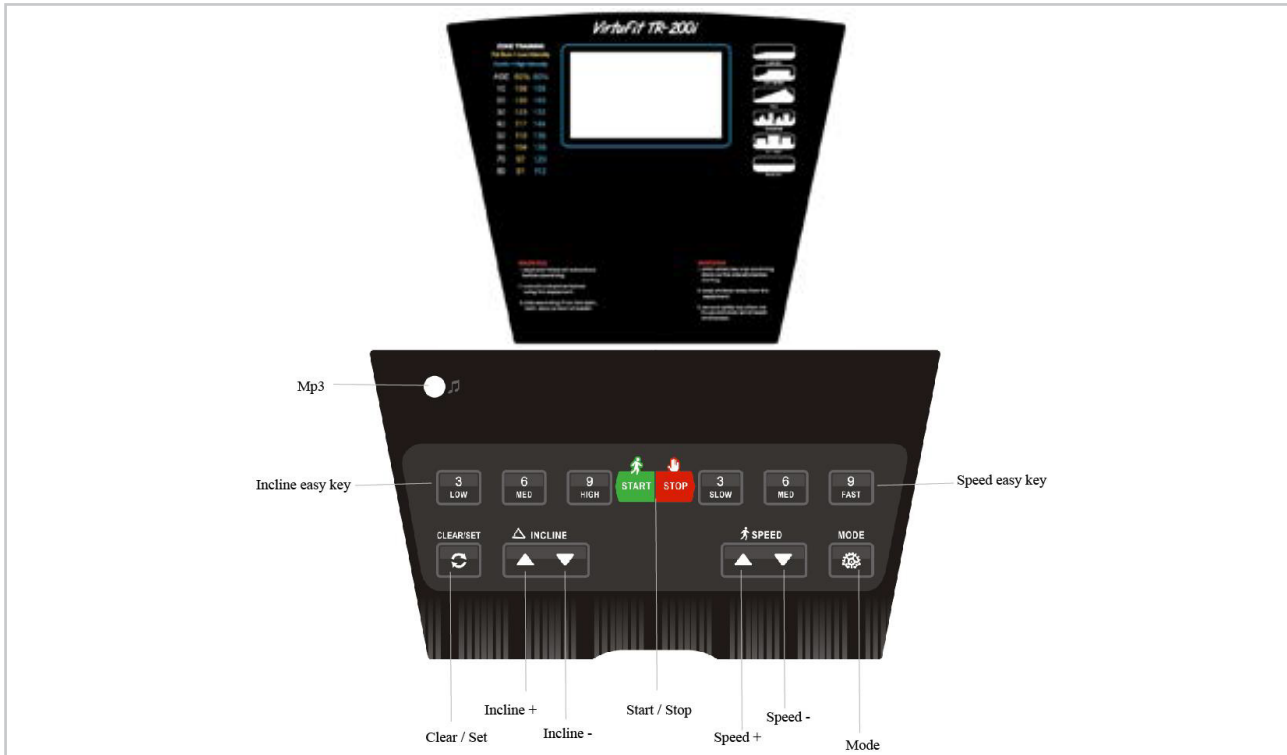
| ERROR CODE | DESCRIPTION                                                                              | SOLUTION                                                                                                                                                                                                               |
|------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| "_"        | Safety key not connected                                                                 | Insert safety key                                                                                                                                                                                                      |
| ER         | When treadmill at running state, the incline window display "Er", it is incline VR error | <ol style="list-style-type: none"> <li>1. Check the connect wire between incline motor and control board, if it get loose or broken, pls connect it again or change it</li> <li>2. Change the incline motor</li> </ol> |

### No Power

- Check fuses (They are located on the controller under the motor cover).
- Check power outlet (Plug something else into the power outlet to ensure that the power outlet is working correctly).
- Check Power Cable (You may need to take it to an electrician).
- Ensure that the safety key is installed, as the treadmill will not power on without it.

***If you can not solve the problem, please contact your dealer.***

## CONSOLE



| BUTTON                 | FUNCTION                                                                                                                                       |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MODE</b>            | Power on the machine, press it to choose pre-set programs P1-P36. Press CLEAR/SET to exist.                                                    |
| <b>START/STOP</b>      | Power on the machine, press it to start running. When running,press it to stop and record the running. Press CLEAR/SET to clear up the record. |
| <b>CLEAR/SET</b>       | Power on the machine, press it to choose time,distance,calorie count-down training. When running, clear up time,distance and calorie.          |
| <b>(4) SPEED +</b>     | When running, press it to increase speed by 0.5km/h. Hold on it, speed is increased continuously.                                              |
| <b>(5) SPEED -</b>     | When running, press it to decrease speed by 0.5km/h.Hold on it, speed is decreased continuously.                                               |
| <b>(6) QUICK SPEED</b> | Speed 3,6,9, when running, press it to choose speed.                                                                                           |

| BUTTON                                  | FUNCTION                                                                                              |
|-----------------------------------------|-------------------------------------------------------------------------------------------------------|
| <b>(7) INCLINE +</b>                    | When running, press it to increase incline by 1 level. Hold on it, incline is increased continuously. |
| <b>(8) INCLINE -</b>                    | When running, press it to decrease incline by 1 level. Hold on it, incline is decreased continuously. |
| <b>(9) QUICK INCLINE</b>                | Incline 3,6,9, when running, press it to choose incline.                                              |
| <b>(10) INCLINE +<br/>in handvatten</b> | When running, press it to increase incline by 1 level. Hold on it, incline is increased continuously. |
| <b>(11) INCLINE -<br/>in handvatten</b> | When running, press it to decrease incline by 1 level. Hold on it, incline is decreased continuously. |
| <b>(12) SPEED +<br/>in handvatten</b>   | When running, press it to increase speed by 0.5km/h. Hold on it, speed is increased continuously.     |
| <b>(13) SPEED -<br/>in handvatten</b>   | When running, press it to decrease speed by 0.5km/h. Hold on it, speed is decreased continuously.     |

## USER'S MODE OPERATION

### COUNT-DOWN TRAINING

Power on the machine, press CLEAR/SET to enter TIME count-down training, press it again to enter DISTANCE count-down training, press it once more to enter CALORIE countdown training. Finally press CLEAR/SET to exit.

### TIME COUNT-DOWN TRAINING

Power on the machine, press CLEAR/SET, TIME figure glitering, showing 30:00. Press SPEED+,- to choose the time between 5-99minutes. Press START/STOP to start at speed of 1.0km/h. Speed can be adjusted by pressing SPEED+,-. The machine stops when time shows 00:00.

### DISTANCE COUNT-DOWN TRAINING

Power on the machine, press CLEAR/SET two times, distance figure glitering, showing 1.0km. Press SPEED+,- to choose the distance between 1.0-9.0km. Press START/STOP to start at speed of 1.0km/h. Speed can be adjusted by pressing SPEED+,-. The machine stops when distance shows 0.00.

### CALORIE COUNT-DOWN TRAINING

Power on the machine, press CLEAR/SET three times, calorie figure glitering, showing 50CAL. Press SPEED+,- to choose the calorie between 10-990CAL. Press START/STOP to start at speed of 1.0km/h. Speed can be adjusted by pressing SPEED+,-. The machine stops when calorie shows 0.

### QUICK-START OPERATION

Press and release the START/STOP to begin belt movement, at 1.0 Km/h, then adjust to the desired speed using the '+' or '-'. You may also use the quick speed keys (3, 6 and 9) to adjust the speed. You can also use 'speed +' or 'speed -' to adjust the speed on handrail. To slow the treadmill down, press and hold the 'speed -' key to desired speed. You may also press the rapid speed adjust keys: 3, 6, 9.

- In a state of running, single press START/STOP, the walking belt will gradually slow down.
- In the state of running, single press CLEAR/SET will reset time, distance, calorie.

### INCLINE FEATURE

- Incline may be adjusted anytime after belt movement.
- Incline can't be back to 0 after removing safety key.
- Incline can be back to 0 after starting machine again.

### PULSE GRIP FEATURE

Hold on both stainless steel pulse sensors in the handrails, the The Pulse (Heart Rate) console window will display your current heart rate during the workout within 15 seconds . Note: You must use both stainless steel sensors to display your pulse.

### CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout.

### NOTE:

***This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.***

## HEART RATE CONTROL (HRC)

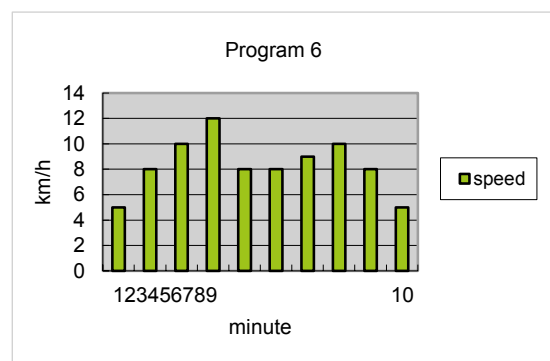
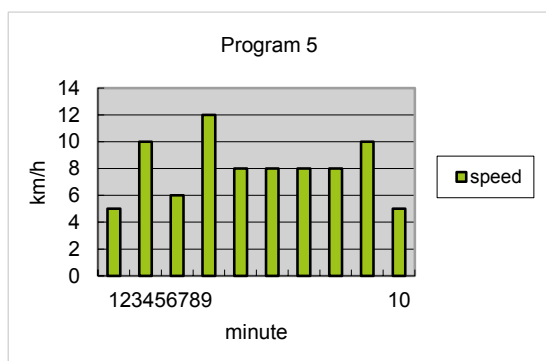
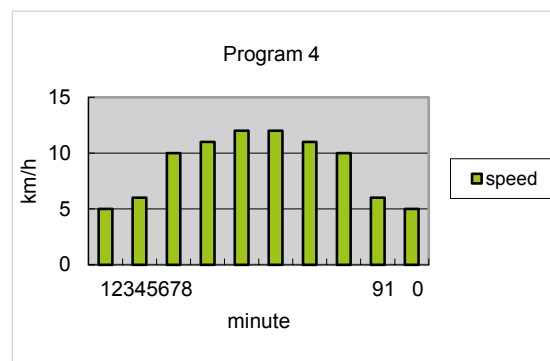
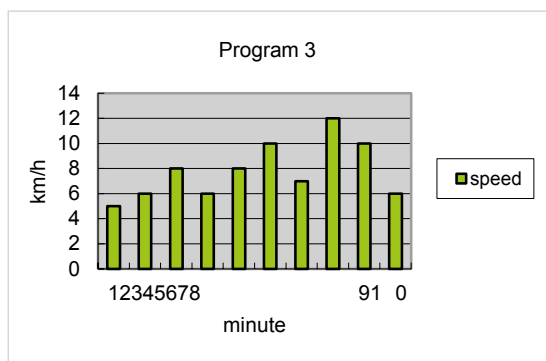
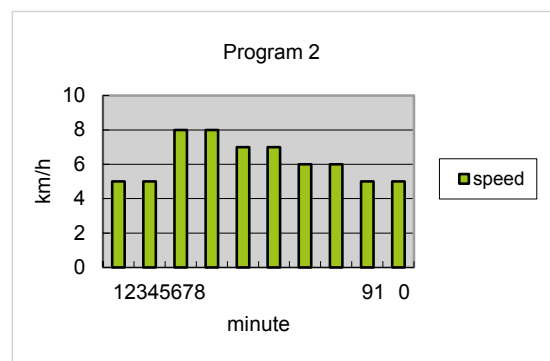
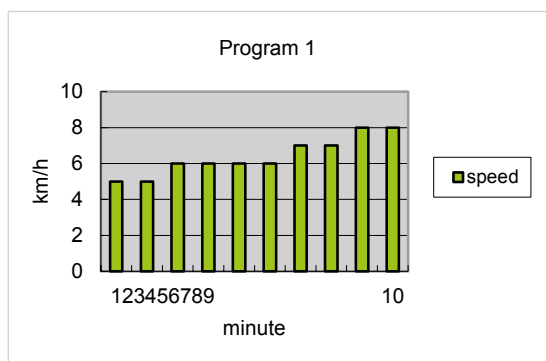
Press the mode button until the LED monitor shows HRC. Select the program by pressing the "Clear/Set" button. Then select the (target) heart rate by pressing the "Speed up" or "Speed down" button. Press "Start" to start the HRC program. During this program, the speed and incline will change based on your heart rate. The incline become higher as soon as the pre-entered target heart rate has not yet been reached. If this heartbeat is exceeded, the speed and incline will decrease.

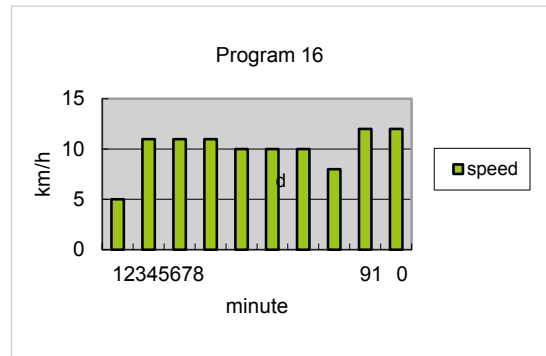
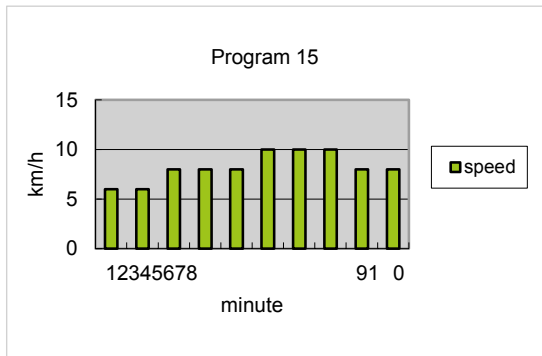
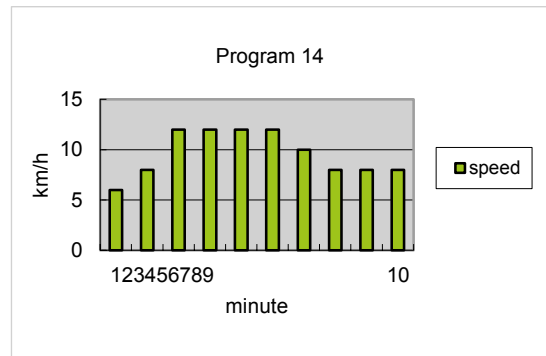
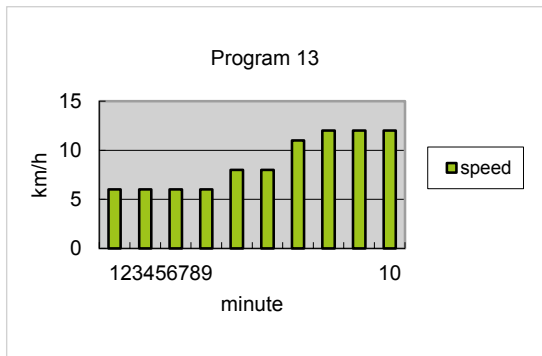
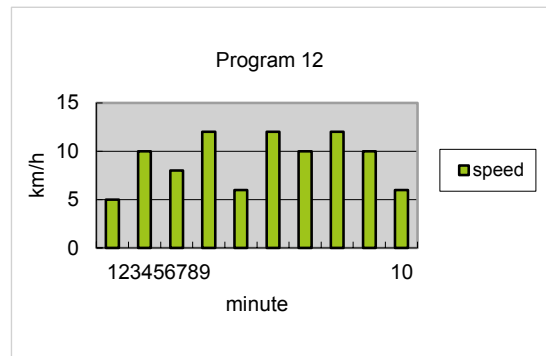
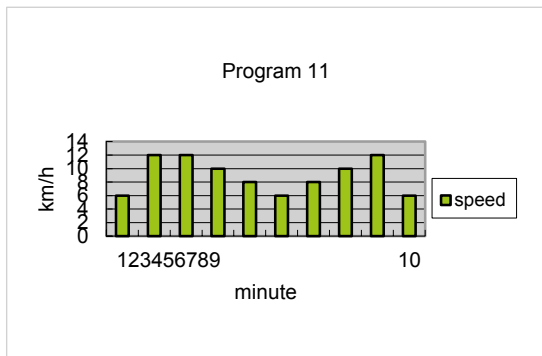
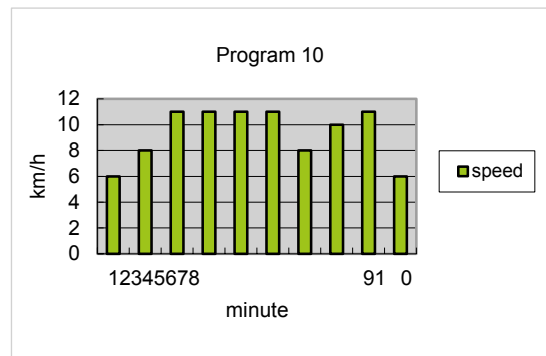
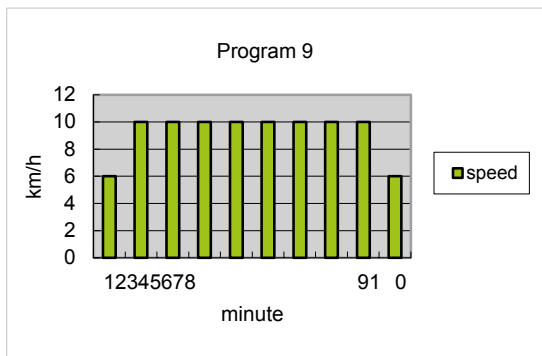
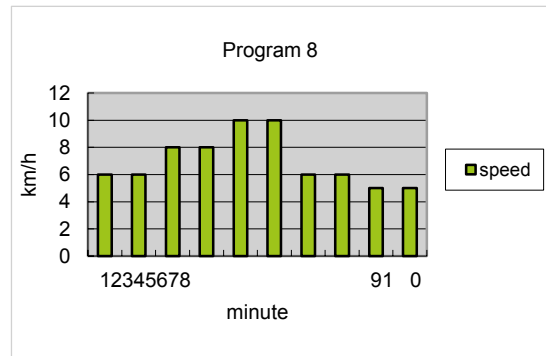
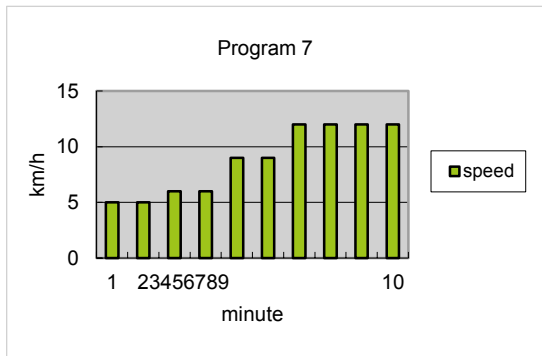
This treadmill offers 36 present programs (P1-P36). The first 24 preset programs (P1 to P24) are only for speed; the another 12 preset programs (P25 to P36) are a combination on speed and incline (fatburn, hill and fittest). Each preset program has a maximum speed level that is displayed when a desired workout is chosen. The speed that the particular program will achieve will be displayed in the Speed window. Each program has various speed changes throughout.

### To Select a Program:

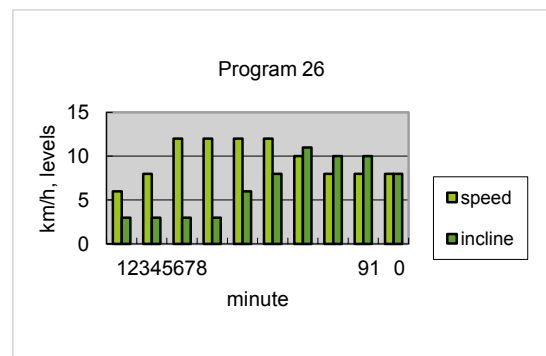
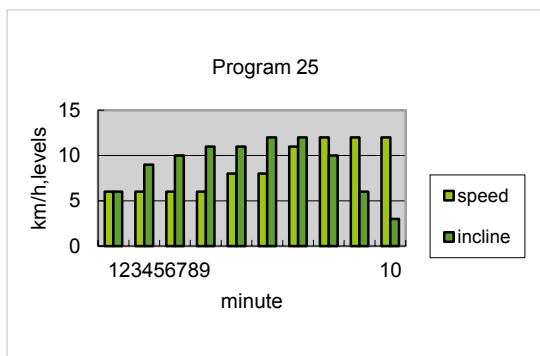
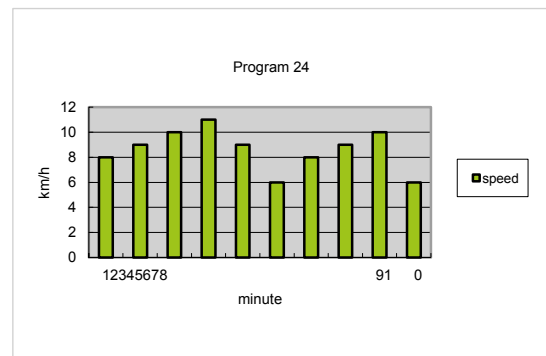
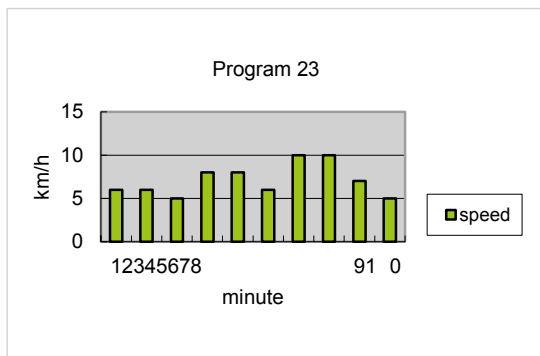
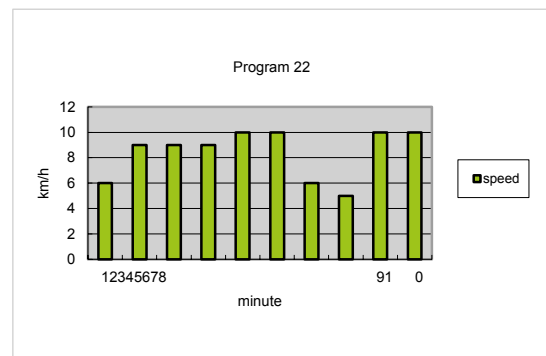
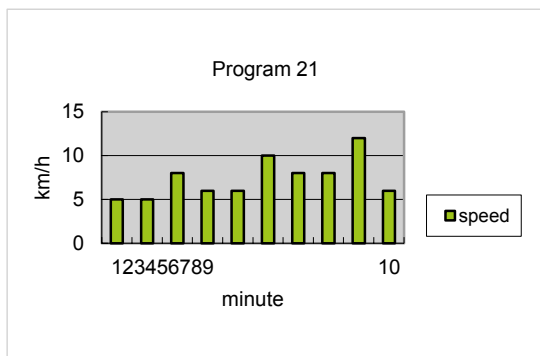
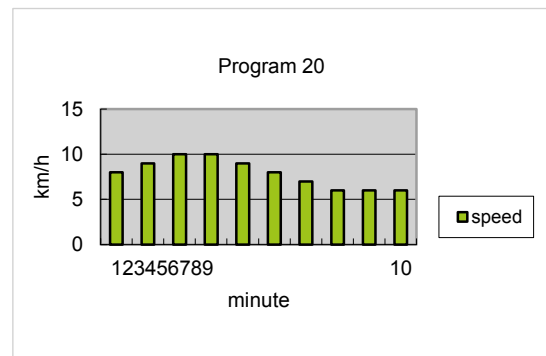
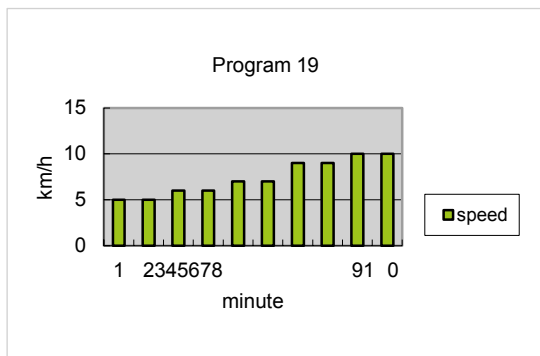
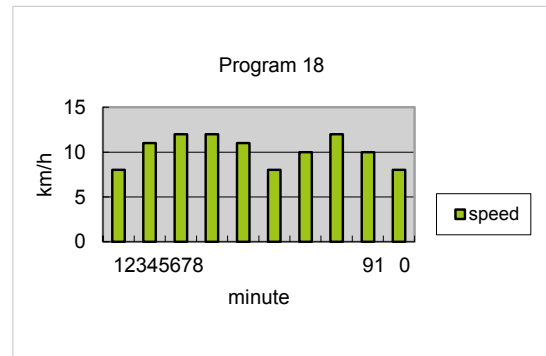
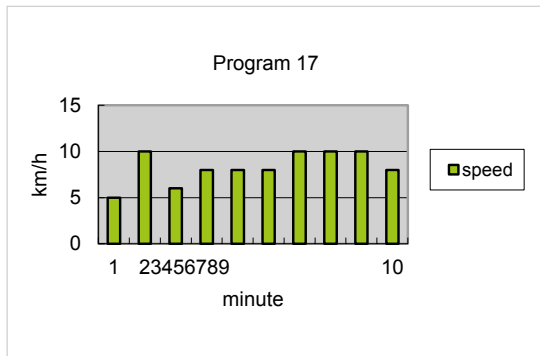
Make sure the machine is in the stop position, single press 'clear' to enter into resetting state. Press 'MODE' to choose desired program (P1,P2, .....P36), then press and release 'START/STOP' to begin the program with default values. The speed window will now be showing the preset speed of the selected program.

Each program will continue 10 minutes. After every one minute program and speed can be altered manually or automatically. 3 Seconds before the ending of program a buzzer will sound three times, then the running belt will come to a stop.







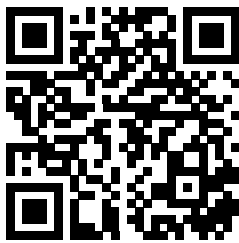




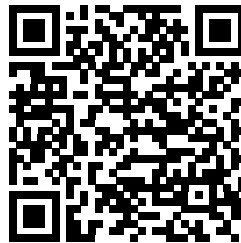
## INSTRUCTION

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.

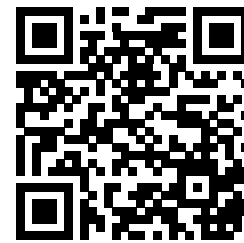
## FITSHOW



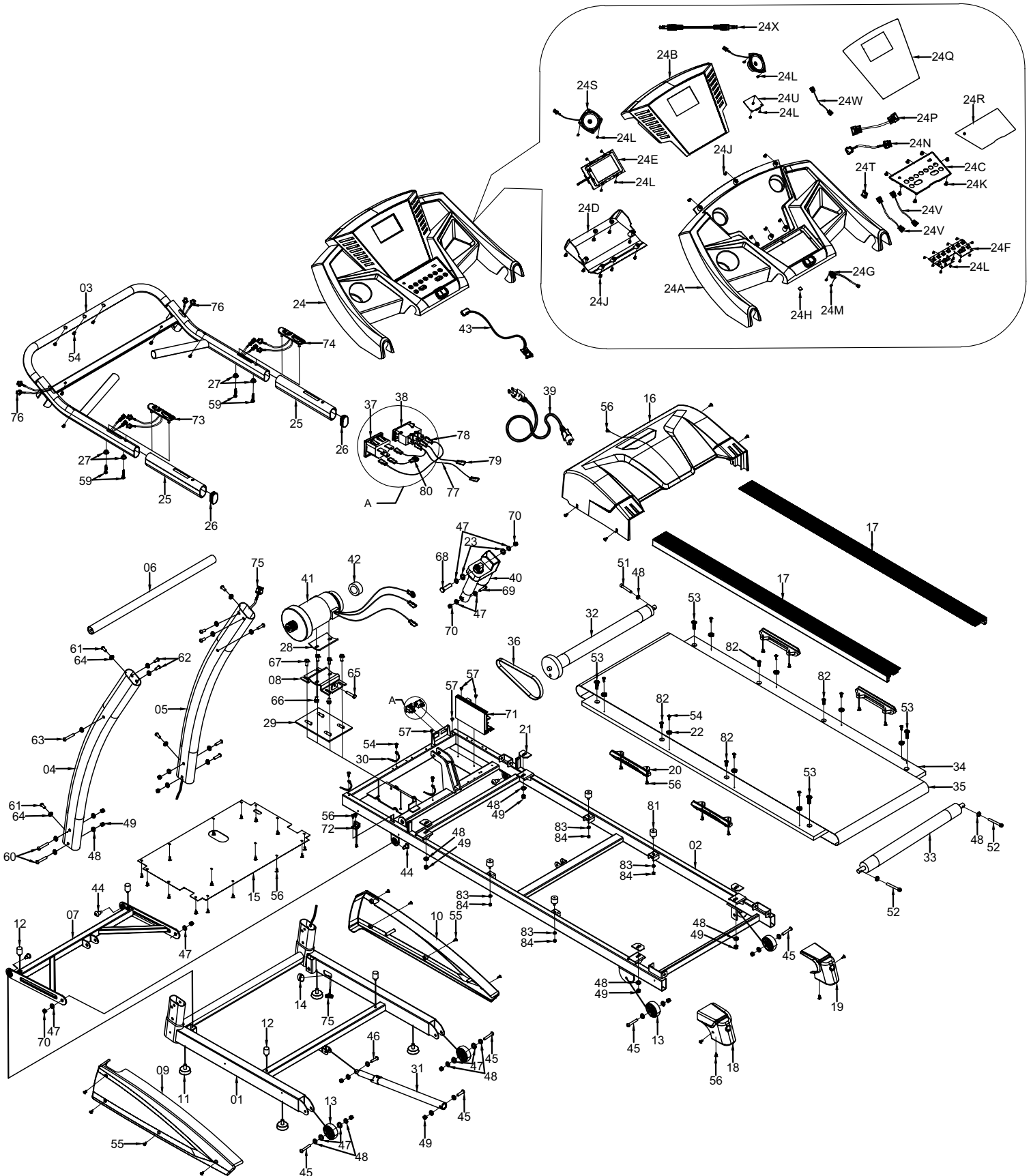
**APP STORE**  
FITSHOW



**GOOGLE PLAY**  
FITSHOW



**USER MANUAL**  
FITSHOW



| #   | DESCRIPTION              | QTY |
|-----|--------------------------|-----|
| 01  | Basic frame              | 1   |
| 02  | Main frame               | 1   |
| 03  | Console bracket          | 1   |
| 04  | Left upright             | 1   |
| 05  | Right upright            | 1   |
| 06  | Strengthen tube          | 1   |
| 07  | Incline frame            | 1   |
| 08  | Motor basic frame        | 1   |
| 09  | Left side cover          | 1   |
| 10  | Right side cover         | 1   |
| 11  | Adjustable cushion       | 4   |
| 12  | Cushion 35* Ø20          | 4   |
| 13  | Moving wheel             | 4   |
| 14  | Rubber stopper           | 1   |
| 15  | Lower motor hood         | 1   |
| 16  | Motor cover              | 1   |
| 17  | Side rail                | 2   |
| 18  | Left end cap             | 1   |
| 19  | Right end cap            | 1   |
| 20  | Cushion                  | 4   |
| 21  | Cushion for running deck | 4   |
| 22  | Side rail fixed buckle   | 8   |
| 23  | Plastic cushion          | 2   |
| 24A | Upper console cover      | 1   |
| 24B | Console board            | 1   |
| 24C | Keyboard                 | 1   |
| 24D | Lower console cover      | 1   |
| 24E | Main control board       | 1   |
| 24F | Button board             | 1   |
| 24G | Safety key sensor        | 1   |
| 24H | Sheet iron               | 1   |

| #   | DESCRIPTION                 | QTY |
|-----|-----------------------------|-----|
| 24J | Pan head screw ST4.2*13     | 14  |
| 24K | Flat head screw ST4.2*13    | 7   |
| 24L | Round head screw ST3*8      | 23  |
| 24M | Flat head screw ST3*8       | 2   |
| 24N | Console cable               | 1   |
| 24P | Cable for button board      | 1   |
| 24Q | Console sticker - 1         | 1   |
| 24R | Console sticker - 2         | 1   |
| 24S | Speaker                     | 2   |
| 24T | Audio head fixing plate     | 1   |
| 24U | Bluetooth receiver          | 1   |
| 24V | Audio head cable            | 2   |
| 24W | Speaker cable               | 1   |
| 24X | MP Audio head cable 3 cable | 1   |
| 25  | Handle foam                 | 2   |
| 26  | Oval end cap 50*30          | 2   |
| 27  | Plastic screw socket        | 4   |
| 28  | Motor Bumper Pad 1          | 1   |
| 29  | Motor Bumper Pad 2          | 1   |
| 30  | Tie                         | 3   |
| 31  | Air spring                  | 1   |
| 32  | Front roller                | 1   |
| 33  | Rear roller                 | 1   |
| 34  | Running deck                | 1   |
| 35  | Running belt                | 1   |
| 36  | V-belt                      | 1   |
| 37  | Socket                      | 1   |
| 38  | Switch                      | 1   |
| 39  | Power cord                  | 1   |
| 40  | Incline motor               | 1   |
| 41  | Motor                       | 1   |

| #  | DESCRIPTION                      | QTY |
|----|----------------------------------|-----|
| 42 | Magic ring                       | 1   |
| 43 | Safety key                       | 1   |
| 44 | Bolt M10*28                      | 4   |
| 45 | Bolt M8*45                       | 3   |
| 46 | Round head bolt M8*35            | 1   |
| 47 | Flat washer class C $\Phi$ 10    | 10  |
| 48 | Flat washer class C $\Phi$ 8     | 37  |
| 49 | Nylon Nut M8                     | 14  |
| 51 | Bolt M8*55                       | 1   |
| 52 | Bolt M8*80                       | 2   |
| 53 | Countersunk head bolt M8*35      | 8   |
| 54 | Cross pan head screw ST4.2*13    | 18  |
| 55 | Flat head screw ST4.2*13         | 8   |
| 56 | Cross umbrella screw ST4.2*13    | 35  |
| 57 | Black zinc screw M4*8            | 2   |
| 59 | Screw ST4.2*38                   | 4   |
| 60 | Screw M8*50                      | 4   |
| 61 | Screw M8*16                      | 4   |
| 62 | Screw M8*12                      | 4   |
| 63 | Screw M8*55                      | 2   |
| 64 | Saddle washer $\Phi$ 8           | 4   |
| 65 | Hexagon bolt M8*35               | 1   |
| 66 | Bolt M8*12                       | 2   |
| 67 | Bolt M8*16                       | 4   |
| 68 | Bolt M10*50                      | 1   |
| 69 | Bolt M10*65                      | 1   |
| 70 | Non-metallic hexagon locknut M10 | 4   |
| 71 | Controller                       | 1   |
| 72 | Speed sensor                     | 1   |
| 73 | Incline easy key                 | 1   |

| #  | DESCRIPTION                  | QTY |
|----|------------------------------|-----|
| 74 | Speed easy key               | 1   |
| 75 | Upright cable                | 1   |
| 76 | Easy key cable               | 2   |
| 77 | AC input cable (black)       | 1   |
| 78 | AC output cable (red)        | 1   |
| 79 | AC input cable (red)         | 1   |
| 80 | Ground cable (yellow)        | 1   |
| 81 | Spring cushion               | 4   |
| 82 | Countersunk head bolt M6*25  | 4   |
| 83 | Flat washer class C $\Phi$ 6 | 4   |
| 84 | Nylon nut M6                 | 4   |

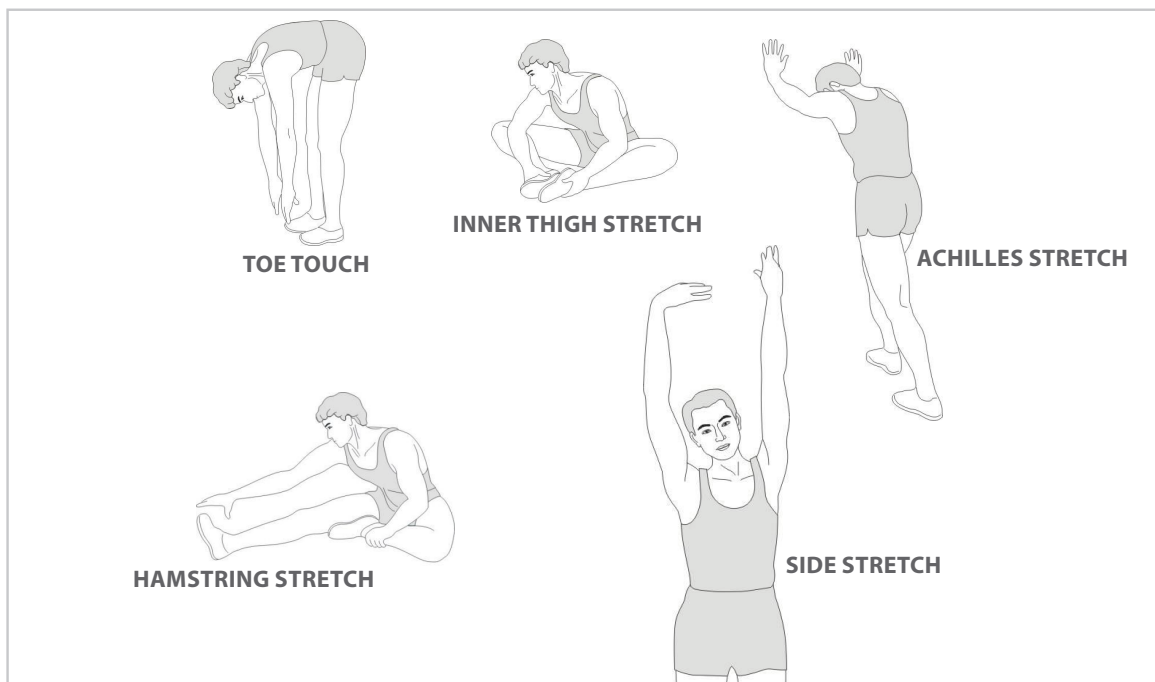
***A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.***

## 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.*