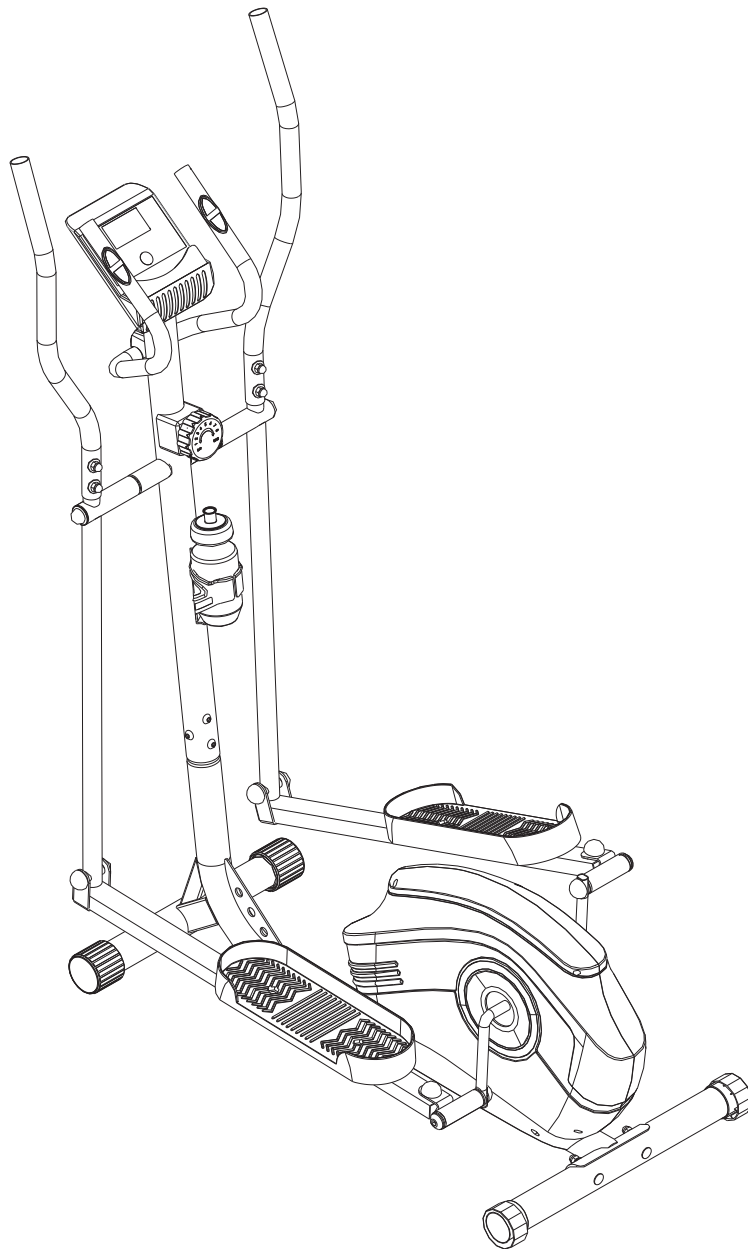


virtuafit

CTR 1.0 Crosstrainer

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 115 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).

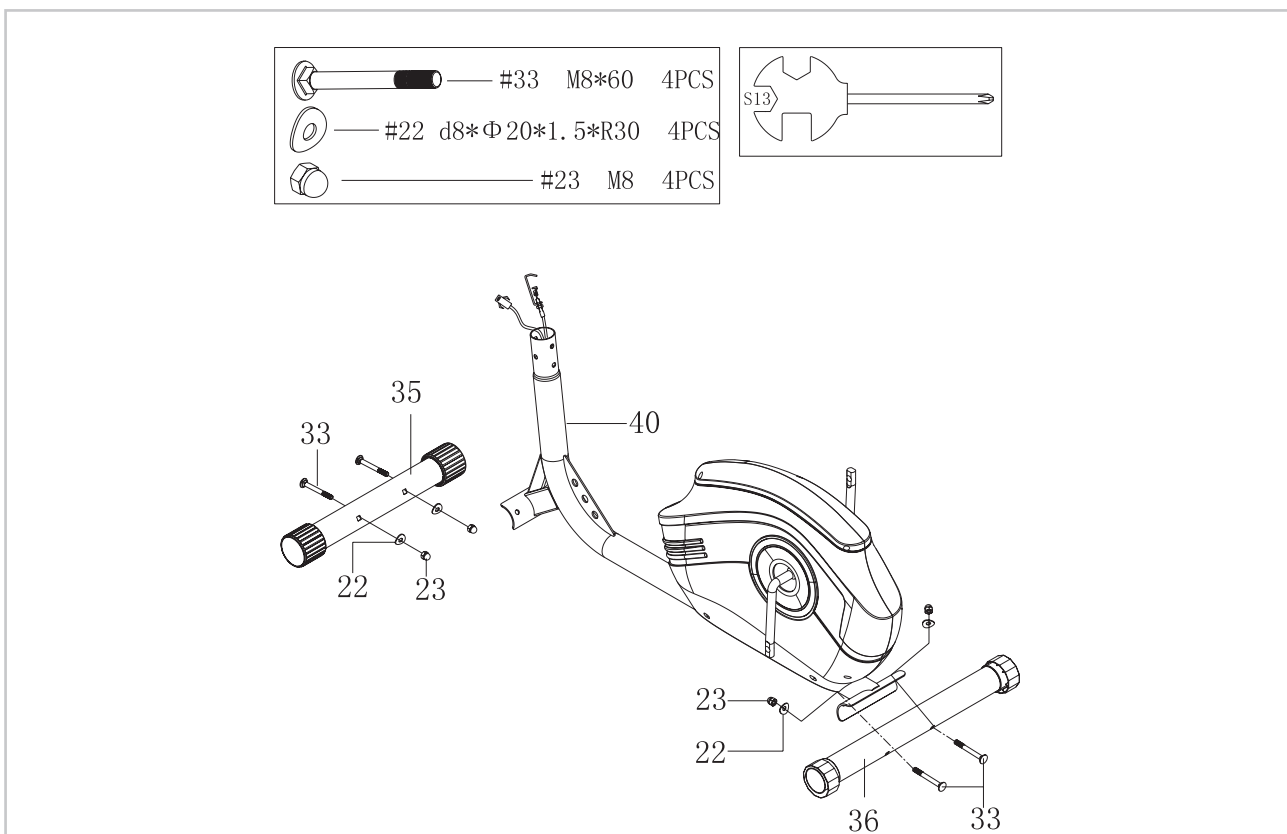
Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the device. Some parts (bolts, screws, etc.) are already attached to/in the device.

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.

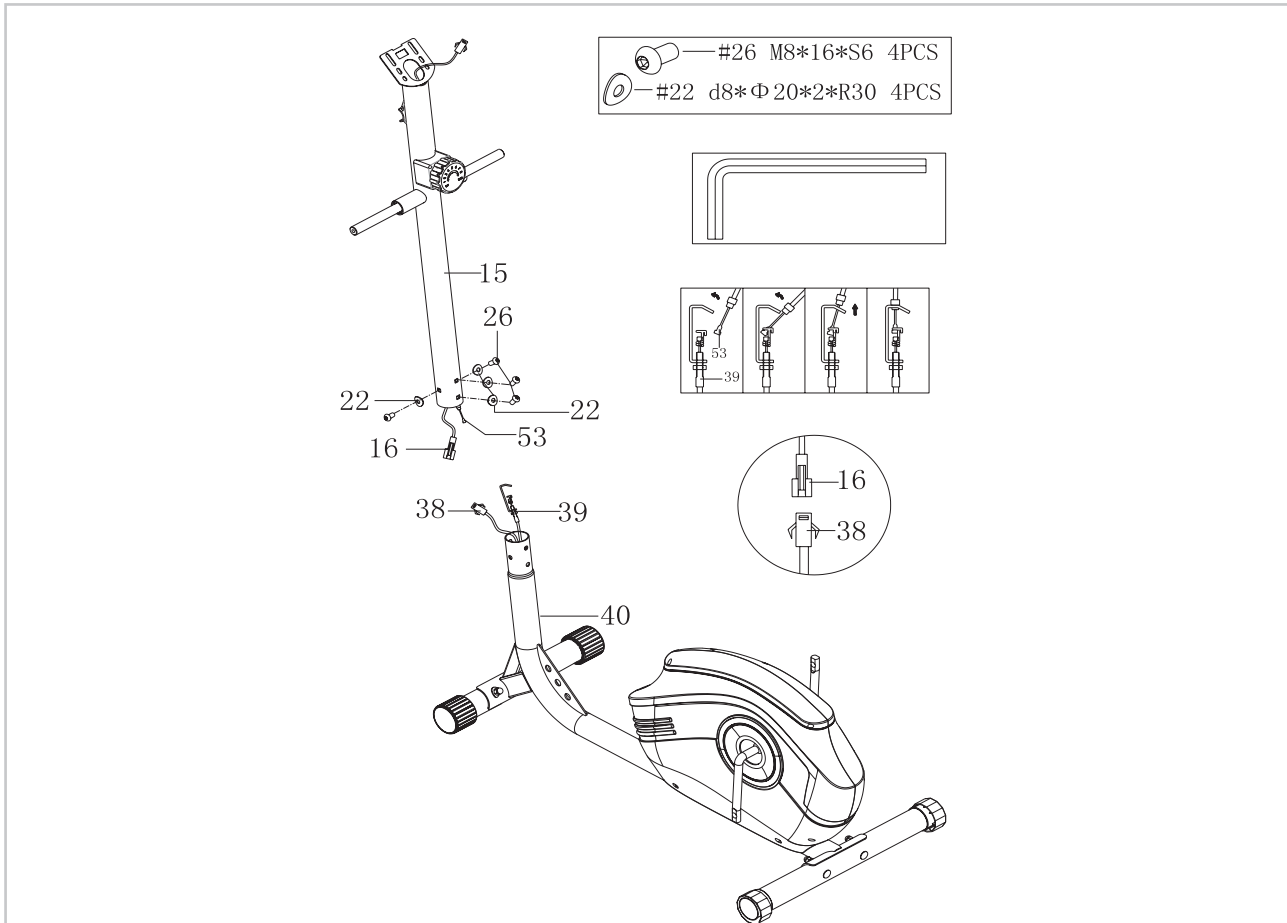
Transport wheels: Make sure that the transport wheels are attached to the front of the appliance.

STEP 1



- Attach the Front Stabilizer (35) and the Rear Stabilizer (36) to the Main Frame (40) with Carriage Bolt (33), Domed Nut (22) and Arc Washer (23).

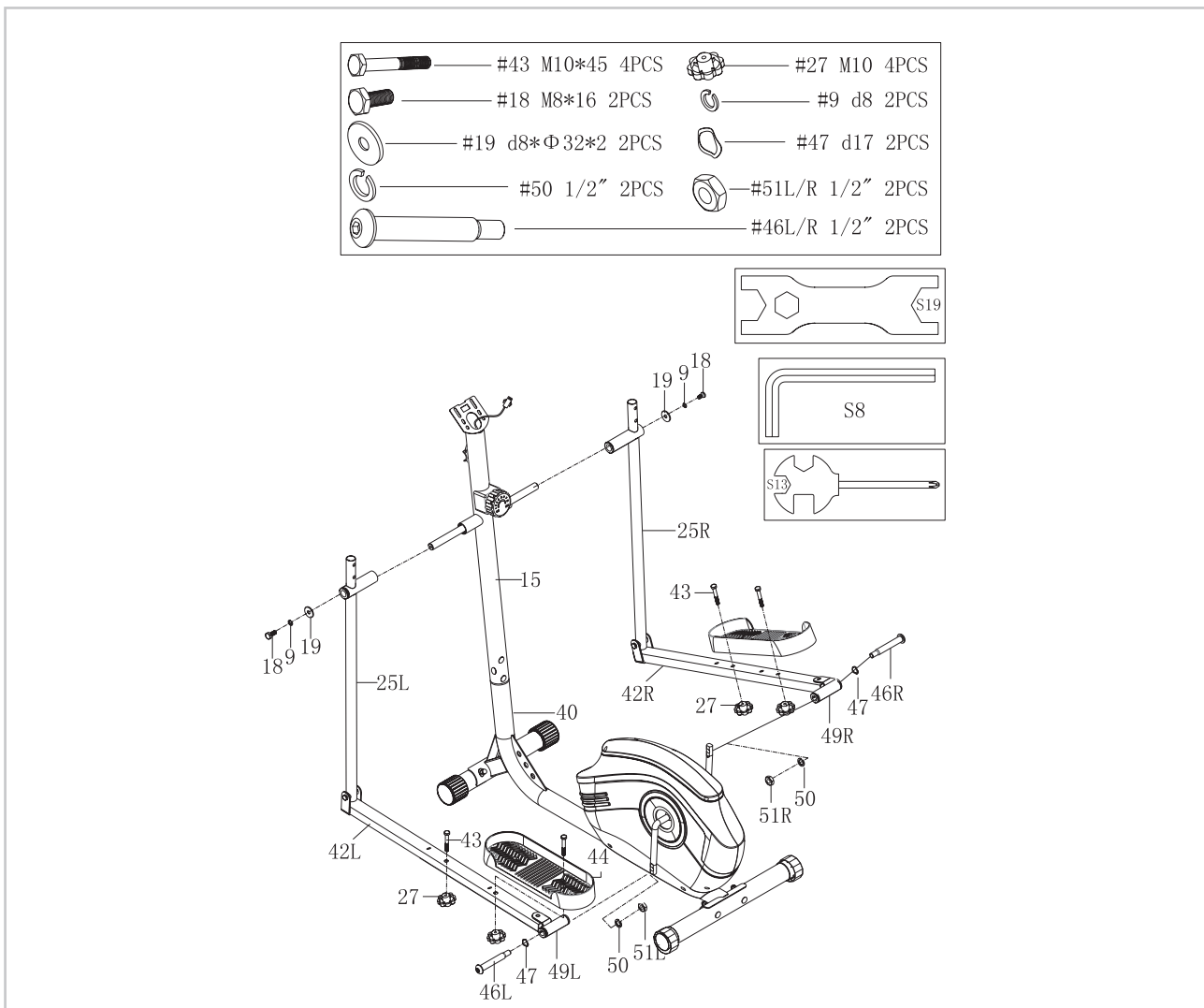
STEP 2



- Turn the resistance knob all the way. Cable (53) needs to be as long as possible.
- Connect the Sensor 16 and 38, and Tension Control wire 53 and 39 as shown above, fix the Upright Post (15) with the Main Frame (40) with Bolt (26), Arc Washer (22). Fasten tightly.

NOTE! Tighten the Screw (27) and the Arc Washer (22) after STEP 3.

STEP 3



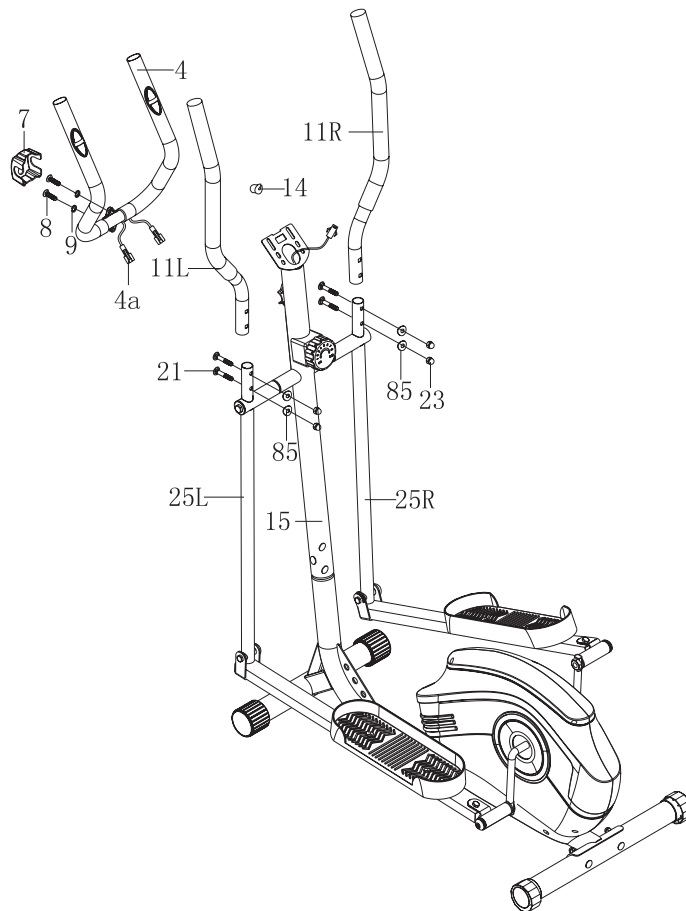
- Fix the Lower Handle Bar (25L/R) to the Upright Post (15) with Bolt (18), Washer (9), D Washer (19).
- Fix the Pedal Tubes (42L/R) with the Pedal Crank by Pedal Hinge Bolt (46L/R) Curved Washer (50), and Nylon Nut (51L/R). Install the Pedal (44) on the Pedal Tube (42L/R) with Hex Head Bolt (43), Knob (27).

STEP 4

	#21	M8*40	4PCS
	#85	d8*Φ16*1.5*R30	4PCS
	#23	M8	4PCS
	#8	M8*30	2PCS
	#9	d8	2PCS

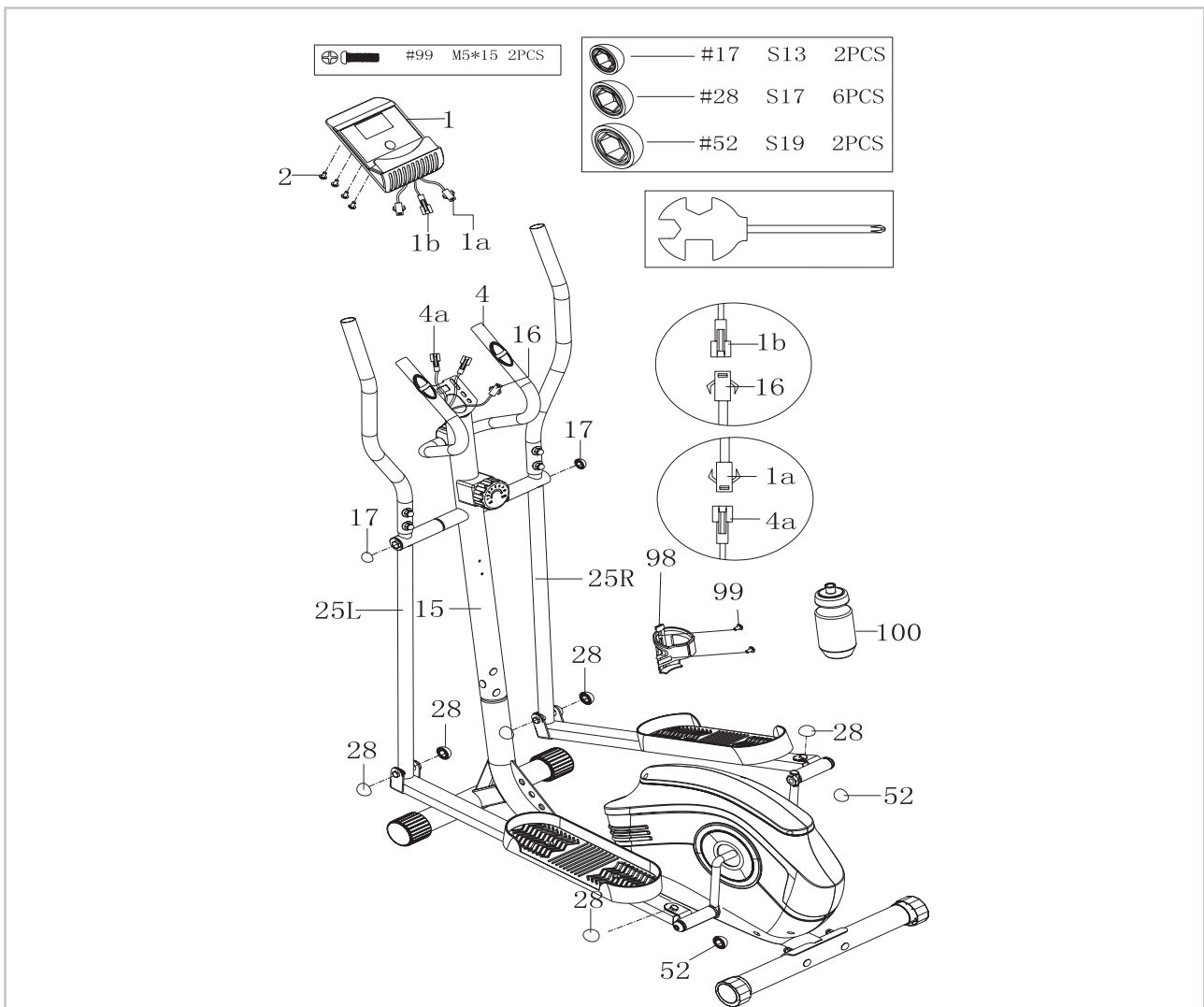
S13

S6



- Install the Middle handlebar (4) on the Upright Post (15) with bolt (8) Arc Washer (9).
- Fix the Handlebar (11 L / R) to the Lower Handle Bar (25 L / R) with Bolt (21), Arc Washer (85) and Domed Nut (23).

STEP 5



- Connect wires (1a / 1b) to wires (4a / 4b) Handle Pulse Wire (1a) and (1b), then connect Sensor wire (16) to the Computer (1); fix the Computer (1) onto the Upright Post (15) with Screw (2) and Washer (103).
- Attach the Bottle Holder (98) to the Support Tube (15) with Crosshead (99).
- Then, put the Bottle (100) in the Bottle Holder (98).

NOTE! Make sure that all nuts and bolts are tight before you start training. The end cap of the front stabilizer tube is movable, making it easier for you to move the crosstrainer.

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.

Display shows no values

If the display does not show any values, you can try to check the sensor cables and the cables in the back of the display. If this still does not work, you can move the sensor slightly.

The device beeps

If necessary, lubricate parts with silicone spray. Check that all nuts and bolts are tightened. It may be that a screw is too loose or too tight, this creates friction and makes the device appear to beep. If this is the case, try to find out exactly where the beep comes from and then tighten or loosen this screw. It must always be possible to loosen the screws with your hands. If this is not possible, the screw is too tight.

No resistance

First check whether you can hear the motor running. You will hear the motor running briefly when you increase or decrease the resistance. If you hear the engine running, all electronics are in order, but the V-belt is probably over. You can then open the housing and put the V-belt back on it. If you do not hear the motor running, it is possible that the motor or the display is defective. First check whether the cable running upwards in the pipe is still properly connected.

Ticking sound

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

Heart rate display is not functioning

There can be various reasons for this:

- The sensor cables that run from the heart rate sensor to the display are not properly installed or have become detached during use.
- The sensors may become damp, dirty or greasy. So you have to clean them regularly.

The console is not working

If there is no signal when pedaling, check if the cable is properly attached.

CONSOLE



BUTTON	EXPLANATION
(1) MODE	Push down for selecting functions. If the long time holds down "MODE" button down for resetting time, distance and calories.
(2) SCAN	Press "MODE" button until "SCAN" appears, monitor will rotate through all the 6 functions: Time, speed, distance, ODO, calorie, pulse. Each display will be hold 5 seconds.
(3) TIME	Count the total time from exercise start to end.
(4) SPEED	Display current speed.

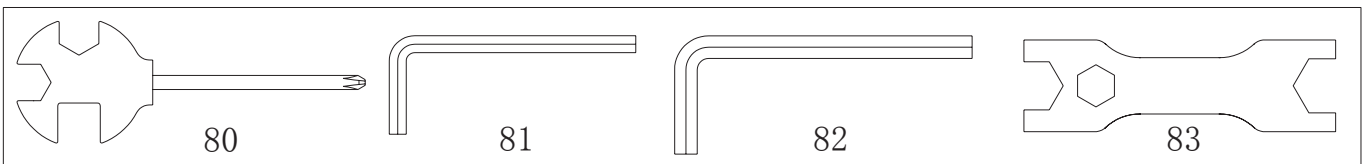
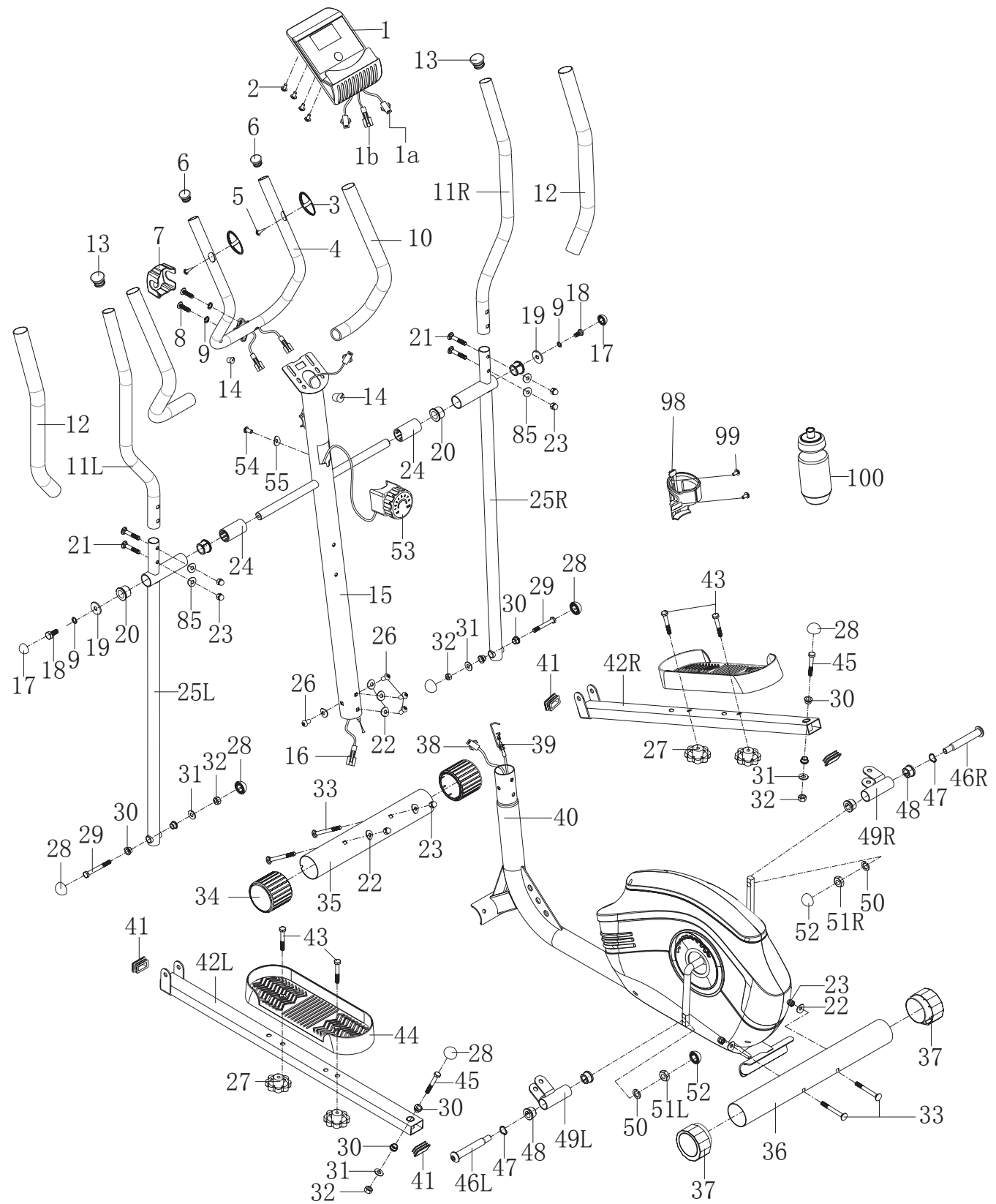
BUTTON	EXPLANATION
(5) DIST	Count the distance from exercise start to end.
(6) CALORIES	Count the total calories from exercise start to end.
(7) ODO	The total distance which this function is refers to from battery capacity period runs.
(8) PULSE	<p>Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heartbeat rate in beats per minute(BPM) on the LCD after 6~7 seconds.</p> <p>NOTE! <i>During the process of pulse measurement, because of contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.</i></p>

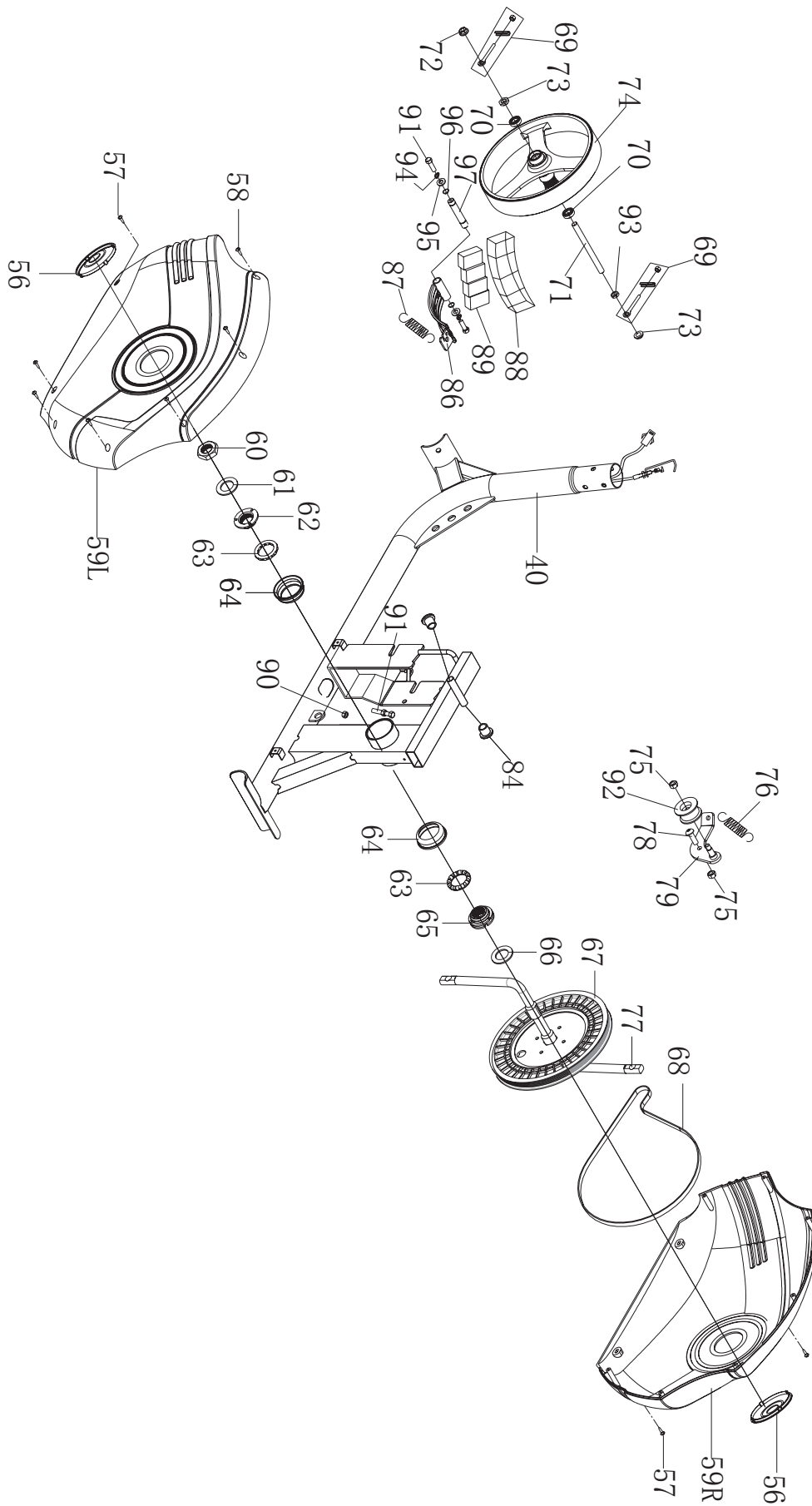
NOTE!

- *If the display is faint or shows no figures ,please replace the batteries.*
- *The monitor will automatically shut off if there is no signal received after 4 minutes.*
- *The monitor will be auto-powered on when starting to exercise push button w/signal in.*
- *The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.*

SPECIFICATIONS

FUNCTION	EXPLANATION
AUTO SCAN	Every 5 seconds.
TIME	00:EE00' ~99:59'.
CURRENT SPEED	The maximum signal can be pickup is 999.9(ML)KM/H.
TRIP DISTANCE	0.0 ~9999 KM.
CALORIES	0.0 ~9999 CAL.
ODO	0.0 ~9999 KM.
PULSE RATE	40 ~240 BPM
WERKING TEMPERATUUR	0°C ~ +40°C.
OPBERGRUIMTE TEMERATUUR	-10°C ~ +60°C.
BATTERIJ TYPE	2pcs of SIZE –AAA or UM –4





#	DESCRIPTION	QTY
01	Computer	1
02	Screw M5	4
03	Pulse	2
04	Middle Handlebar	1
05	Screw ST4x19	2
06	End cap $\varnothing 25$	2
07	Small cover	1
08	Bolt M8x30	2
09	Arc Washer D8	4
10	Foam grip	2
11	Handlebar (L / R)	2
12	Foam grip	2
13	End cap $\varnothing 28$	2
14	Stoppie $\varnothing 12.6 \times \varnothing 6$	2
15	Upright post	1
16	Wire	1
17	End cap S13	2
18	Bolt M8x16	2
19	Washer D8X $\varnothing 32 \times 2$	2
20	Bushing $\varnothing 32 \times \varnothing 19 \times 28$	4
21	Bolt M8x40	4
22	Arc washer D8X $\varnothing 20 \times 1.5 \times R30$	8
23	Domed Nut M8	8
24	Plastic insert	2
25	Lower handlebar (L / R)	2
26	Bolt M8x16	4
27	Knob M10	4
28	End cap S17	6
29	Bolt M10x60	2
30	Bushing $\varnothing 14 \times 12.5 \times \varnothing 10.1$	8

#	DESCRIPTION	QTY
31	Washer D10X $\varnothing 20 \times 2$	4
32	Nylon nut M10	8
33	Carriage Bolt M8X60	4
34	End cap $\varnothing 50$	2
35	Front stabilizer	1
36	Rear stabilizer	1
37	End cap $\varnothing 50$	1
38	Sensor	1
39	Tension control cable	1
40	Main frame	1
41	End cap J40X25	4
42	Pedal tube (L / R)	2
43	Bolt M10X50	4
44	Pedal	2
45	Bolt M10X50	2
46	Bolt (L / R) 1 / 2	2
47	Arc Washer D17	2
48	Bushing $\varnothing 24 \times 20 \times \varnothing 16.1$	4
49	U bracket	2
50	Spring washer 1 / 2"	2
51	Nylon nut (L / R) 1 / 2"	2
52	End cap S19	2
53	Power line connection	1
54	Crosshead screw M5*15	1
55	Motor	1
56	Crank cover	2
57	Crosshead screw ST4.2*16	5
58	Crosshead screw ST4.2*19	12
59	Chain cover (L / R)	1
60	Nut	1

#	DESCRIPTION	QTY
61	Washer	1
62	Left collar housing	1
63	Collar ball	1
64	Collar housing	2
65	Right collar housing	1
66	Washer	1
67	Chain wheel	1
68	Belt	1
69	U bracket	2
70	Bearing	2
71	Axle	1
72	Nut M10	2
73	Nut M10	2
74	Flywheel	1
75	Nylon nut M8	2
76	Tension spring 1	1
77	Crank	1
78	Bolt	1
79	Bracket	1
80	Open-end wrench S13 14 15	1
81	Hex wrench S6	1
82	Hex wrench S8	1
83	Open-end wrench S17 18 19	1
84	End cap	2
85	Arc washer D8Xφ16X1.5XR30	4
86	Magnetic board	1
87	Tension spring 2	2
88	Plastic lattice	1
89	Magnet	4
90	Hexagon nut M6	2

#	DESCRIPTION	QTY
91	Hexagon bolt M6*20	3
92	Idler	1
93	Hexagon thin nut M10*1.0*2	1
94	Spring washer d6	2
95	Washer d6	2
96	Snag ring d12	2
97	Axle of magnetic board	1
98	Bottle holder	1
99	Crosshead screw M5*15	2
100	Bottle	1

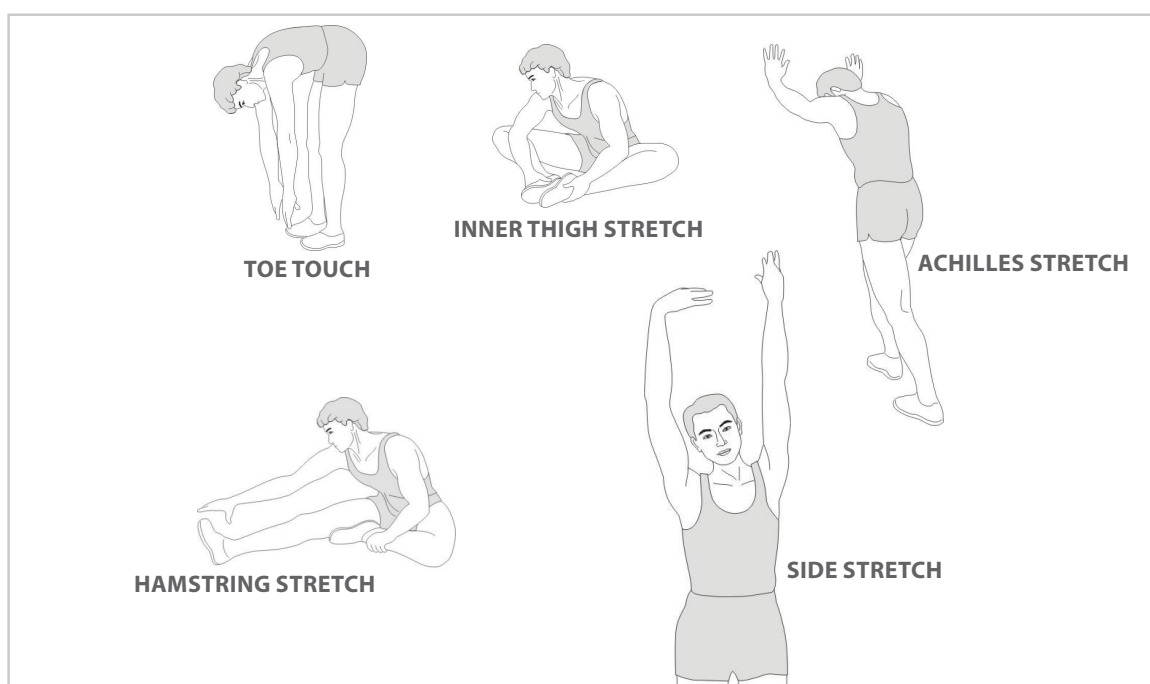
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARMING UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHEN

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.



COOLING DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

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For questions or missing parts please contact your dealer.