

virtu^{fit}

Easy Fit 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.

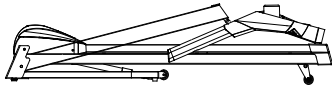
- Always use the device as indicated. If you find any defective components while assembling or checking the device, or if you hear any unusual noises coming from the device during use, stop immediately. Do not use the device until the problem has been rectified.
- Wear suitable clothing while using the device. Avoid wearing loose clothing that may get caught in the device or that may restrict or prevent movement.
- The max user weight is 135 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

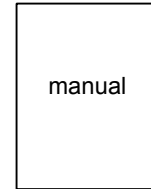
When you open the carton, and you will find the below parts in the carton.



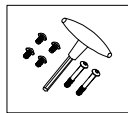
Main body



Silicon bottle



Manual



Hardware pack

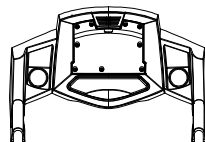


Safety key

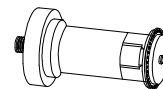
Main Part



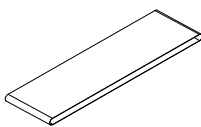
Motor cover



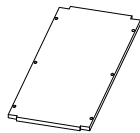
Console



Motor



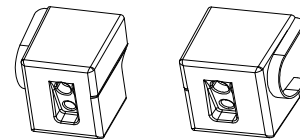
Running belt



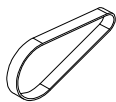
Running deck



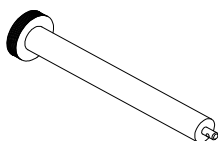
Side rail



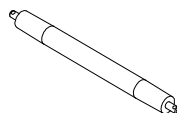
Rear cover (left) & (right)



Motor belt



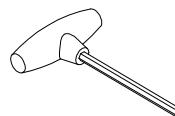
Front roller



Rear roller



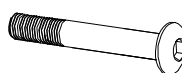
Allen socket head full thread screw
(M8*15) 4pcs



T Allen wrench 1pcs



L Allen wrench 1pcs



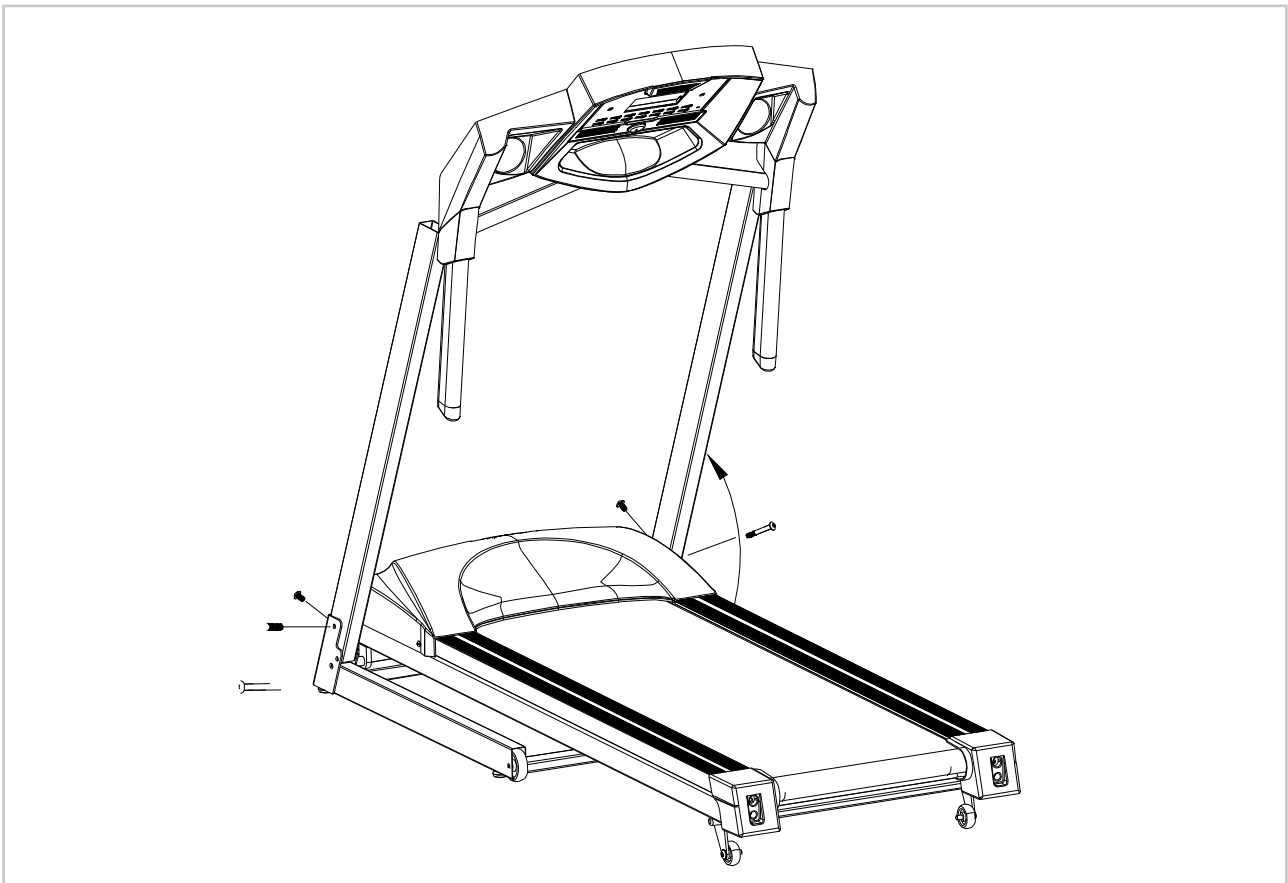
Allen C.K.S. half thread
screw (M8*40*20) 2pcs

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



- Take the machine from the package put on the flat floor. Use your one hand to hold on the handle bar, lift up the upright post slowly (as below) . And put screw M8X40 in the left and right side. Put screw M8x15 to the rear side. Tight the screw well.

STEP 2



- Lift up the computer to utmost as below. Use the M8*15 to fix the computer on the upright post .

STEP 3



- Tighten all the screw well.

ADJUST INCLINE

The angle of inclination can be adjusted manually by changing the position of the transport wheels at the back. See the image on the right.

NOTE! *This applies to both transport wheels at the back. Put both transport wheels in the same position.*



ADAPTER

- The adapter connection is located on the front / back of the device (see image). Confirm the adapter to the adapter connection and connect to mains power. You can now use the treadmill.
- Do not use the machine until it has been fully assembled and inspected for proper operation in accordance with the user manual.
- Inspect your machine to make sure everything is tight and the components are correct are mounted.

ATTENTION

- *When you start using the treadmill, always go on the rails. Once the belt rolls, you can stand on the walking platform. This way the motor is loaded the least.*
- *After using the treadmill, turn off the on / off switch. Use the emergency stop in addition not unnecessary, only in an emergency. In this way the printed circuit board is loaded the least.*

SAFETY KEY

- Install the safety key in the console. When you start walking, attach the safety key to your clothing. Pull at one emergency on the key safety lanyard and the treadmill will stop immediately.

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

FOLDING

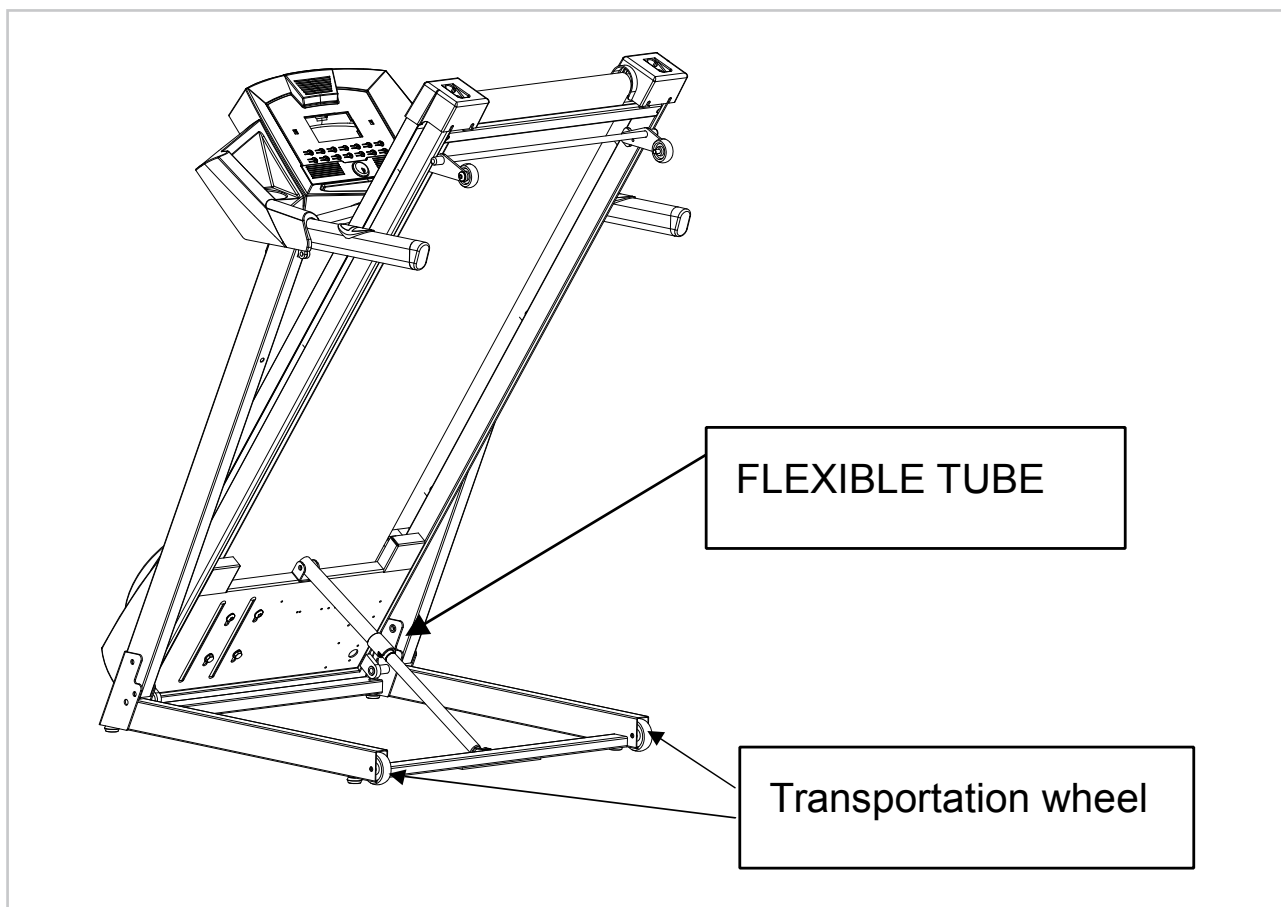
1. Restore the incline to flat (0) position.
2. Unplug from power point before folding.
3. Lift deck until it's parallel to the upright post and cylinder locks into position.

NOTE: Check to ensure cylinder locking device has engaged.

UNFOLDING

1. Place one hand on handle bar, use the other to push top of the running deck forward.
2. Press one foot on the middle section of the cylinder to dis-engage the locking mechanism.
3. Allow deck to begin slowly dropping before releasing hands.

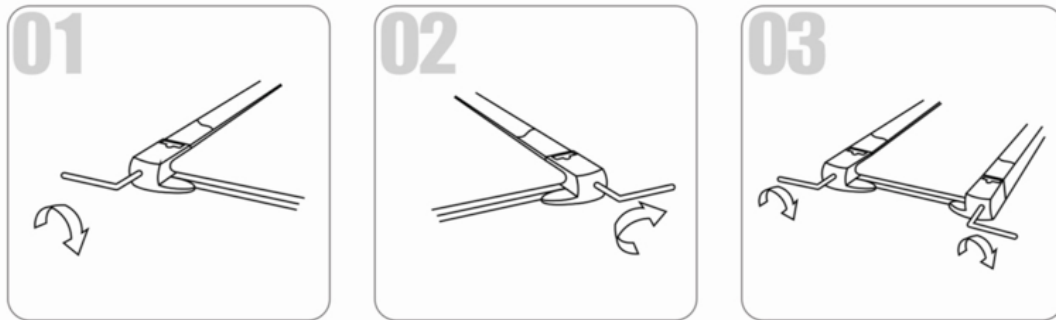
MOVING THE TREADMILL



The treadmill can be moved around in house safely in its fold-up position by using the transport wheels.

Firmly hold onto handle bars with both hands, pull the treadmill towards you, then portable on wheels, drag or push slowly.

RUNNING BELT ADJUSTMENT



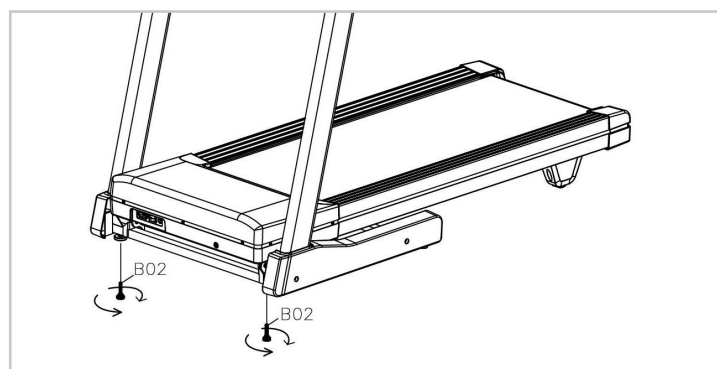
01. Running belt deviates to left: Start the machine, set speed at 2-3 km/h without a load on the belt, use Allen key to turn the screw 1/4 turn (see fig. 1). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

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.



HAND PULSE SENSORS

Hand pulse sensors

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

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

WARNING

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

SAFETY KEY

At any time, when you remove the safety key, the treadmill will make an emergency stop. The screen will display error code E7 and a buzzer will sound. When the safety key has been reattached in the right place, the whole screen will light up for 2 seconds. After that, the treadmill will return to manual mode. (The same happens when the program is reset).

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.

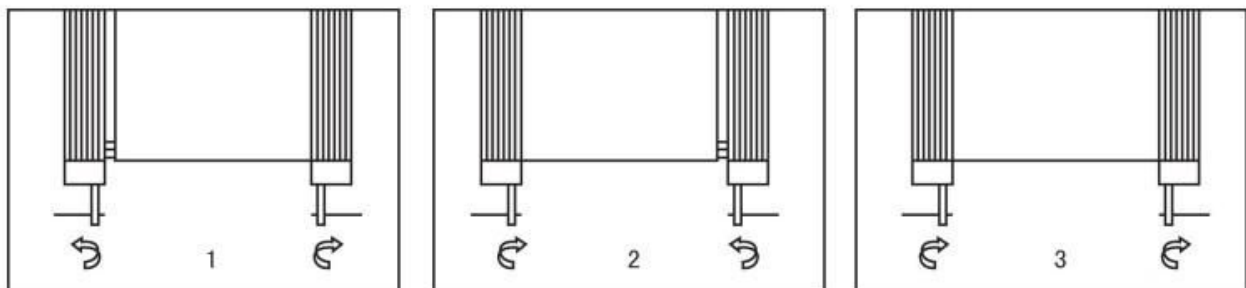
For more information: www.virtufit.nl/service/faq/#toggle-id-1

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.

MALFUNCTION AND SOLUTION

Threadmill does not work

- No connect to power supply: Plug into socket.
- Safety switch not insert: Insert safety switch in monitor.
- Cut off the signal circuit system: Check control panel and signal cable.
- Treadmill is not switch on: Switch on.

Belt does not run properly

- Running belt not lubricate well: Adjust running belt by silicon.
- Belt too tight: Adjust running belt.

Belt is slipping

- Belt is too loose: Adjust running belt.
- Motor belt is too loose: Adjust the motor belt.

ERROR CODES

Threadmill does not work

- Did not connect the power supply: Connect the power supply.
- Safety key did not put well: Well put the safety key on the correct position.
- Transformer did not fix well or transformer defected: Fix well the transformer or change the transformer.
- Electrocircuit interrupt: Check the connect wire and the terminal of the connect wire, and well connect.

Treadmill stop suddenly

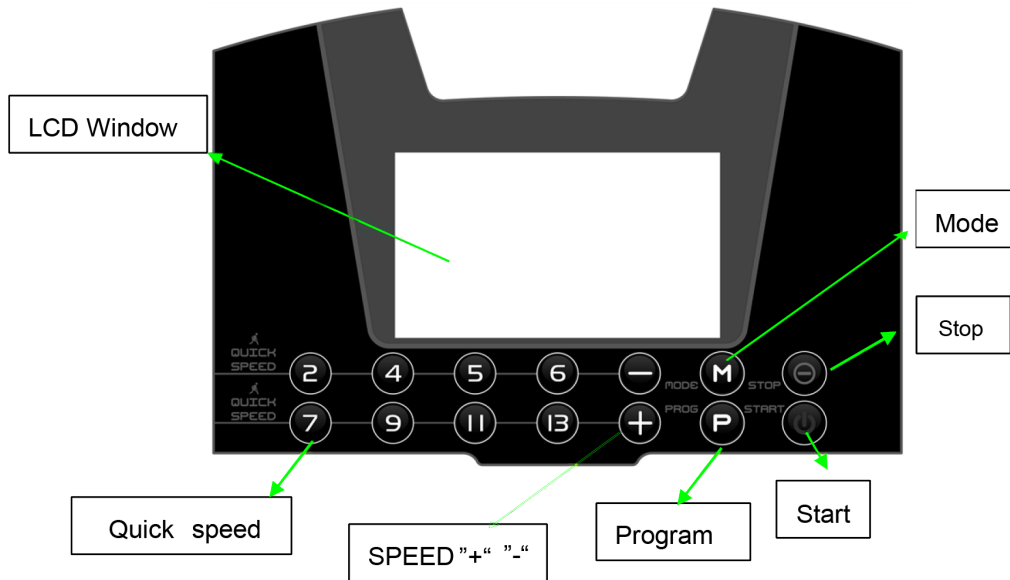
- Safety key fall off: Put well the safety key.
- The electronic system problem: Ask for the after sale service.

Key defected

- Key is damaged: Change key.
- Key can not work: Change key board and wire. Change pcb board. Change computer.

CODE	REASON	SOLUTION
E1	<ol style="list-style-type: none"> 1. Connect wire loose or defected. 2. Computer defected. 3. Transformer defected. 4. Controller defected. 	<ol style="list-style-type: none"> 1. Well connect the wire or Change the wire. 2. Change the computer. 3. Change the transformer. 4. Change the controller.
E2	<ol style="list-style-type: none"> 1. Motor connect wire or motor defected. 2. The connect wire between the motor and controller is loose or controller defected. 	<ol style="list-style-type: none"> 1. Change the motor wire or change the motor. 2. Well connect the wire or change the controller.
E3	<ol style="list-style-type: none"> 1. Speed sensor not well put. 2. Speed sensor defected. 3. The connect wire between the speed sensor and the controller did not connect well. 4. Controller defected. 	<ol style="list-style-type: none"> 1. Well put the speed sensor. 2. Change the speed sensor. 3. Well connect the wire. 4. Change the controller.
E5	<ol style="list-style-type: none"> 1. Controller defected. 2. Motor defected. 	<ol style="list-style-type: none"> 1. Change the controller. 2. Change the motor.
E7	Computer can not test the safety key signal.	Check the safety key, and wel put.
NO PULSE	<ol style="list-style-type: none"> 1. Handle pulse wire did not connect well or wire defected. 2. Console circuitry defected. 	<ol style="list-style-type: none"> 1. Well connect the wire or change the wire. 2. Change the console.
CONSOLE SHORT OF DISPLAY	<ol style="list-style-type: none"> 1. The screw on the pcb is loose. 2. Console defected. 	<ol style="list-style-type: none"> 1. Tight well the screw. 2. Change the console.

CONSOLE



FUNCTION

SPEED	When the treadmill power on ,the time display window display 5-4-3-2-1 countdown. The speed shine, display the speed numerical value and the value F1-F5 when under the body fat test program. Or the ERR massage when treadmill is unnormal.
TIME	Display the time numerical value.
DISTANCE	Display the version no. when power on. And then display the distance numerical value.
CALORIES	Display the calories numerical value ,the value when under the body fat test program.
PULSE	Display the pulse numerical value when testing the heart rate. And display incline numerical value when press the quick incline key.

BUTTON	FUNCTION
PROG	When the treadmill is stopped, cycle select the program P0-P36 you prefer.
MODE	Mode select key ,when the treadmill is stopped, set the MODE you prefer. You can select the TIME countdown -> Distance countdown -> Calories countdown -> Normal mode. The reposition of default (30 minutes) when P1-P36.
START	When the treadmill is stopped ,press the START key to turn on the treadmill. Press "START" key when running, it will pause.
STOP	When the treadmill is running, stop the treadmill by pressing the STOP key. When the LCD window show the ERR message, press the STOP key to clear the ERR message. When the treadmill stops, press the "STOP" key, it can return to the default display status.
'+'	Increase the speed when running. Increase the parameter under the body fat testing.
'-'	Decrease the speed when running. Decrease the parameter under the body fat testing.
QUICK SPEED	When the treadmill is running, select the quick speed key 2, 4, 5, 6, 7, 9,11, 13 you want by pressing the quick speed key.

START INSTRUCTION

1. Put the power cord into the electrical outlet with 10A. Flip this switch to the "ON" position. The screen shine with prompt sound.
2. Put the safety key on the correct position, then turn on the power, the LCD window light is shining, and sound "beer", the treadmill enter in to the P0 Normal Mode.

FUNCTION EXPLANATION

- Press the START button. the speed window will count down from 3 -> 2 -> 1 with sound. After the countdown, the walking belt will begin to run.
- While running, use the + and - buttons to adjust your speed. You can also use the speed shortcuts.
- P1-P36, each program is divided into 10 segments. Each segment has the same time duration. The speed will differ and change by segment. When you move to the next segment, it will beep 3 beforehand as a warning. When you have completed the 10 segments of the program, the walking belt will stop automatically. A beep will also be given here.
- At any time, when you remove the safety key, the treadmill will make an emergency stop. The screen will display error code E7 and a buzzer will sound.
- The console is always under control, the treadmill will automatically stop when abnormal conditions occur. The screen will then show an ERR error along with a beep.
- When the screen shows an error message, press the STOP button to clear this error message.

PROGRAMS

Press the PROG button to select one of the 36 programs (P0-P36).

P0 User Program: Press the MODE button to select four different workouts. Where the speed and angle of inclination can be determined yourself. The default speed is 1.0 km/h.

1. WORKOUT 1: DETERMINED PURPOSE

You can work towards a specific goal. Set time, speed, distance or calories. The treadmill will then count up to the set value. When a value is selected the training will start.

2. WORKOUT 2: TIME

A certain amount of time is trained for this. When selecting the time, the screen will flash. Press + to select the desired time. The range is 5 - 99 minutes. The default workout time is set to 30 minutes.

3. WORKOUT 3: DISTANCE

A certain distance is covered. When the desired distance is selected, the window will flash. Press + to select the desired distance. The range is 1.0 - 99.0 KM. The default distance is set to 1.0 KM.

4. WORKOUT 4: CALORIES

This involves training until the desired number of calories to be burned is achieved. When selecting the desired number of calories, the window will flash. Press + to select the number of calories. The range is 20 - 990 CAL. The default calorie count is set at 50 CAL.

P1 - P36 PRE-PROGRAMMED PROGRAM

Only the time can be adjusted. You choose one of the programs and select your desired training time. You do this with the + button. When selecting, the time window will flash. The range is 5 - 99 minutes. The default time is set to 30 minutes. Press the MODE button to return to the default set time.

Each program is divided into 10 segments. Each segment has the same time duration. The speed will differ and change by segment. When you move to the next segment, it will beep 3 beforehand as a warning. When you have completed the 10 segments of the program, the walking belt will stop automatically. Again, a beep will be emitted, press the MODE button to return to the default set time.

BODY FAT PROGRAM

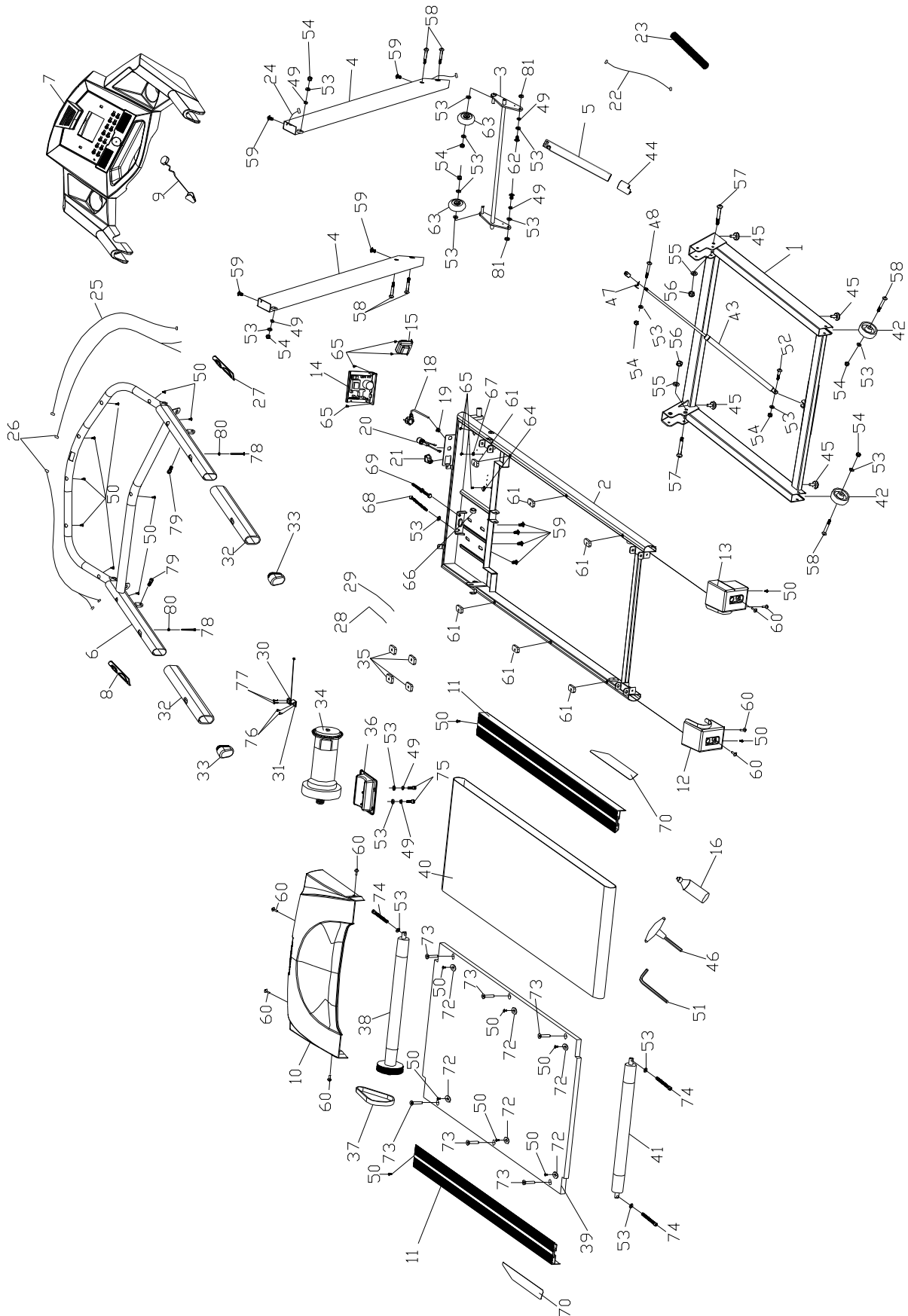
When the treadmill is stopped. Press the PROG button, select FAT. Selects the body fat test program. The SPEED window shows the number of the data to be entered. By pressing the MODE button you will switch through the different data. The DIS window shows the values of the data. press + or - to set the correct values. In the table below you will find the various data with the corresponding values.

F1	Sex	1 = Man, 2 = Vrouw.	The treadmill is set to 1 (MAN) as standard.
F2	Age	Range: 10 - 100.	By default, the age is set at 25.
F3	Length	Range: 100 - 199 CM.	As standard the length is 170 CM.
F4	Weight	Range: 20 - 150 KG.	By default, the weight is 70 KG.
F5	BMI		

BMI (BODY MASS INDEX)

Displayed when the workout is complete, then the treadmill will advance to body fat function. Keep both hands on the sensors on the handle, hold for 8 seconds, after these 8 seconds the screen will show your BMI.

Program	segment data	segment									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0



#	DESCRIPTION	QTY
1	Base frame	1
2	Platform frame	1
3	Incline frame	1
4	Upright frame	2
5	Check pipe	1
6	Computer frame	1
7	LCD overlay (w/PCB of monitor)	1
8	Computer housing	1
9	Safety key	1
10	Motor cover	1
11	Side rail	1
12	Rear cover (left)	1
13	Rear cover (right)	1
14	Controller	1
15	Transformer	1
16	Silicon(30ml)	1
17	Inducement (if with CE)	1
18	Power cord	1
19	Cable guider SR-5R1	1
20	Fuse	1
21	Switch	1
22	Wire L-800	1
23	Wire protector	1
24	Wire L-1100	1
25	Wire L-850	1
26	Handle pulse wire	1
27	Handle pulse	2
28	Power wire L-500 (red/black)	2
29	Pcb of Safety key	1
30	Speed sensor	1
31	Speed sensor bracket	1

#	DESCRIPTION	QTY
32	Foam grip	2
33	Tube end cap	2
34	Motor	1
35	Motor Square cushion	4
36	Motor base frame	1
37	Motor belt	1
38	Front roller	1
39	Running deck	1
40	Running belt	1
41	Rear roller	1
42	Wheelφ46	4
43	Cylinder	1
44	End cap Φ33×Φ23×48	1
45	Taper feet pad 28×φ23×t11×M8×20	2
46	Taper feet pad φ23×φ18×φ5×11	2
47	Spring	1
48	Allen C.K.S. thread screw M8×50×20	1
49	Spring washer Φ8	4
50	Screw ST4×16	16
51	Allen C.K.S. thread screw M8×35×20	2
52	Allen C.K.S. thread screw M8×30×20	1
53	Flat washer Φ8	9
54	Hex self-locking nut M8	6
55	Flat washer Φ10	2
56	Hex self-locking nut M10	2
57	Allen C.K.S. screw M10×90×45	2
58	Allen C.K.S.thread screw M8×40×20	2
59	Allen C.K.S. thread screw M8×15	4
60	Philips C.K.S. thread screw M5×10	6
61	Square cushion	6
62	Allen C.K.S. thread screw M8~20	2

#	DESCRIPTION	QTY
63	Hex full thread screw M8~20	2
64	Cable guider	2
65	Philips C.K.S. thread screw M4~10	11
66	CHOKE $\phi 29 \sim \phi 17 \sim t 7.5$	1
67	WASHER $\Phi 5$	1
68	Hex full thread screw M8~75	1
69	Motor resist screw M8~65	1
70	Double-face glue	1
72	Side rail guider	6
73	Philips full thread screw M6~40	6
74	Allen socket thread screw M8~75	3
75	Allen socket thread screw M8~15	2
76	Philips C.K.S. thread screw M4~6	2
77	Philips self-tapping screw ST3~10	2
78	Philips self-tapping screw ST4~50	2
79	Allen socket thread screw M8~15	2
80	Flat washer $\Phi 4.5 \times \Phi 12 \times t 1.0$	2
81	Plastic flat $\Phi 18 \times \Phi 10.5 \times t 2.0$	2

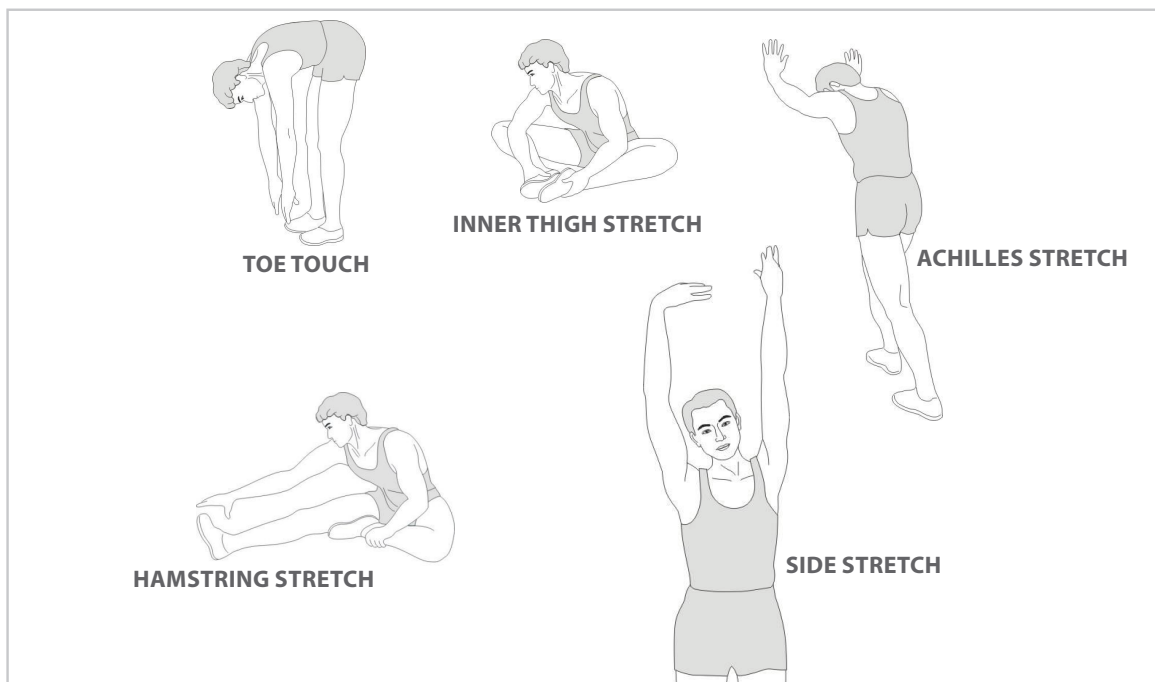
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.