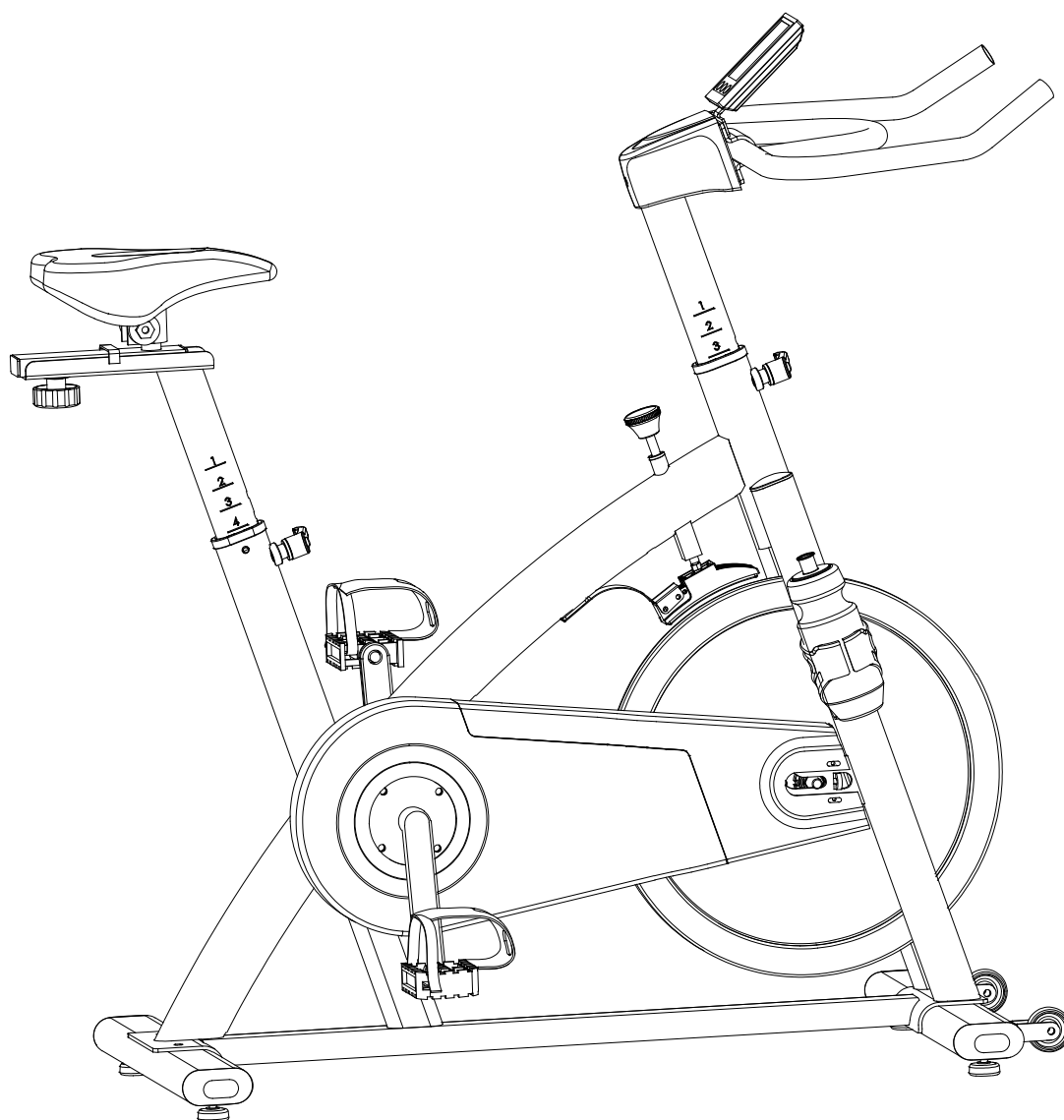


virtuafit

Etappe / Spinbike

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).

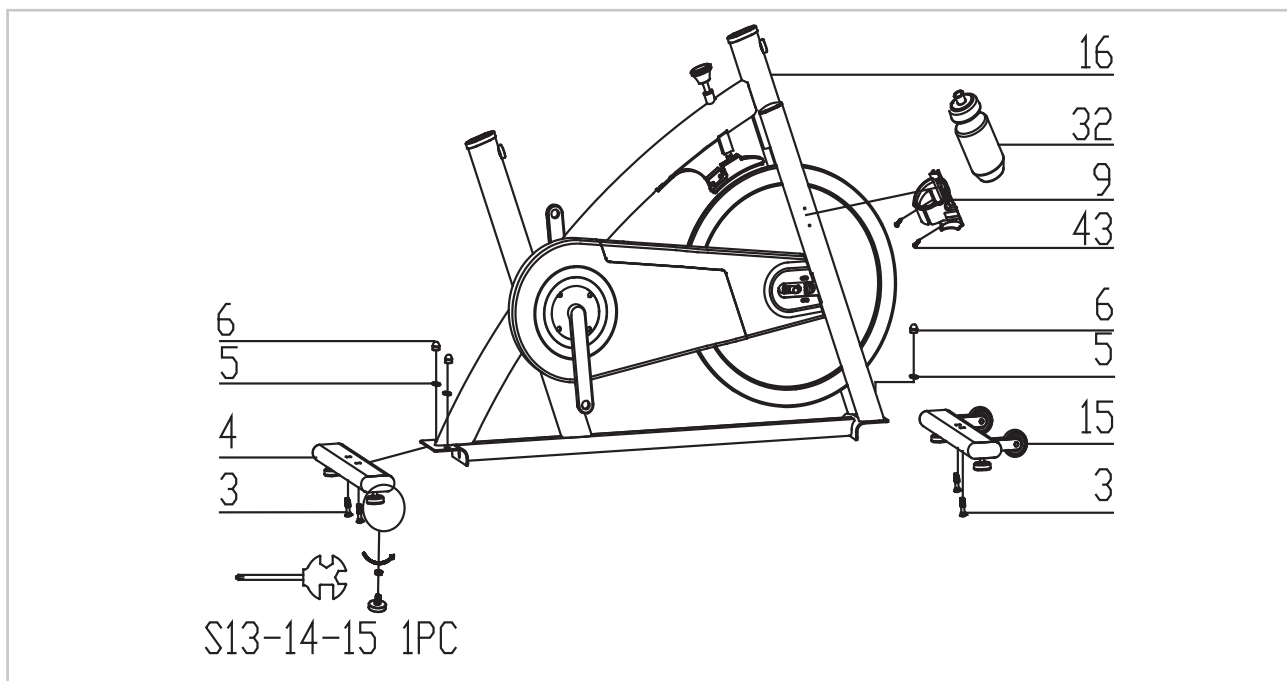
Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the spinbike. Some parts (bolts, screws, etc.) are already attached to / in the spinbike.

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

Socket screws: The spinbike 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.

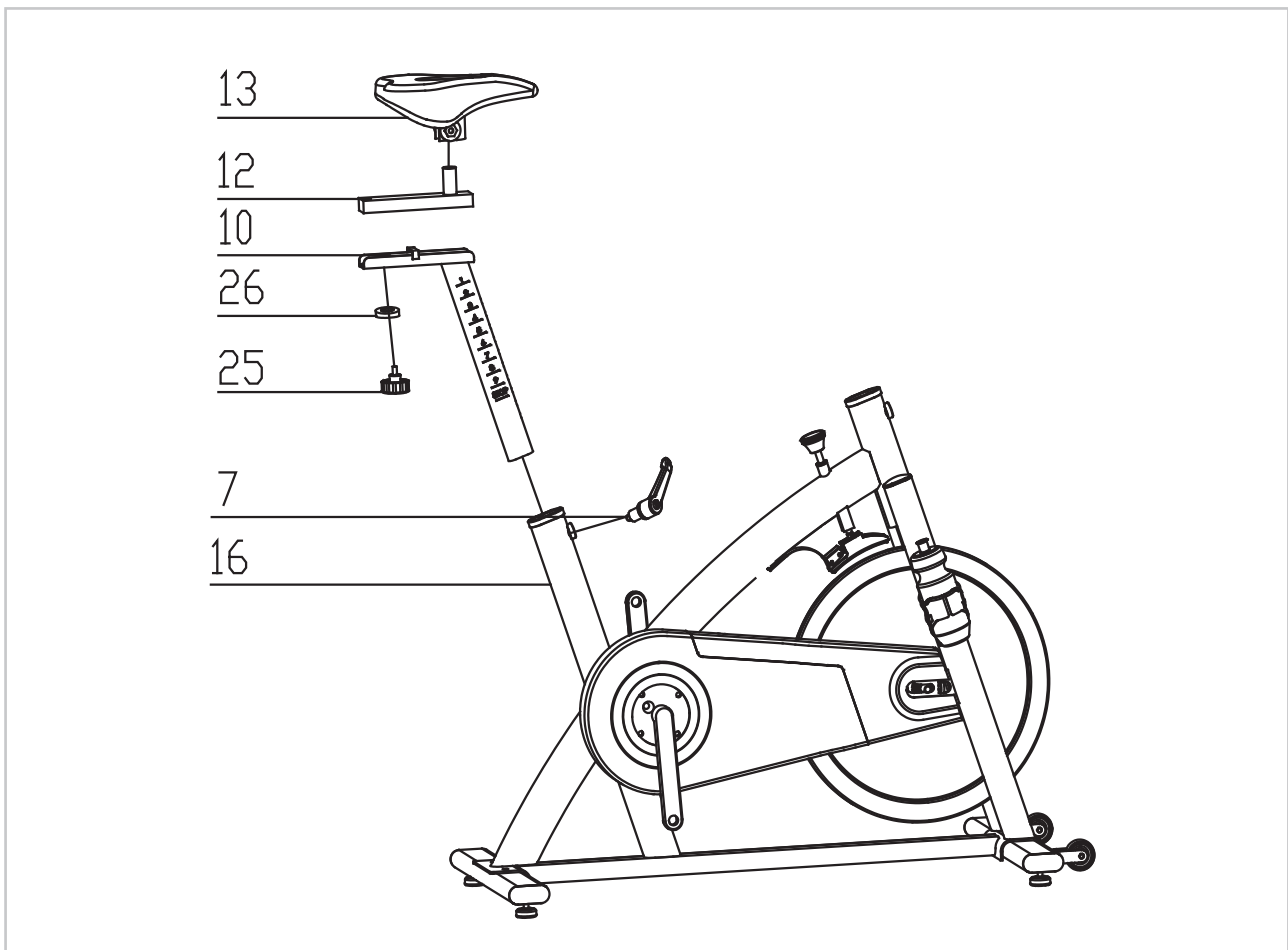
NOTE: Make sure you have enough space around the appliance before you start mounting. Check that all necessary parts are present and use the available tools to install the appliance.

STEP 1



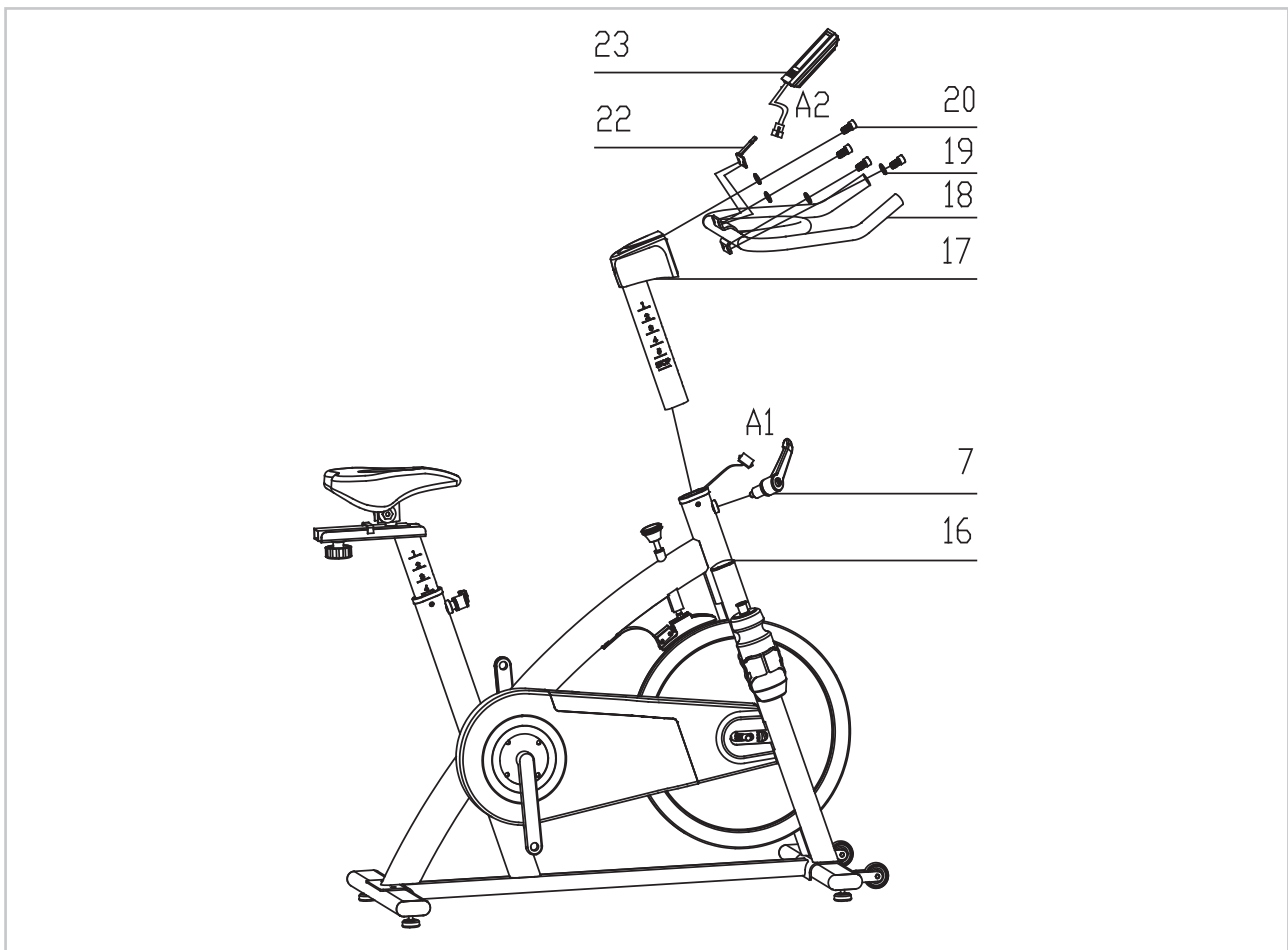
- Attach the Front Stabilizer (pt.15) to the Main Frame (16) using two sets of Ø8 Flat Washers (5), M8 Domed Nut (6) and M8*52 Carriage bolt (3).
- Attach the Rear Stabilizer (4) to the Main Frame (16) using two sets of Ø8 Flat Washers (5), M8 Domed Nut (6) and M8*52 Carriage bolt (3).
- Then fix the bottle holder (9) to the main frame with 2 PCS screw3 (43), put the Bottle (32) to the bottle holder (9)

STEP 2



- Slide the seat post (12) into the vertical Seat post (10), at the desired position, align holes and fix in place with the Locking Knob (25) and flat washer (26).
- Now fix the Seat (13) to the seat post (12) as shown.
- Insert the vertical Seat Post (10) into the main frame (16) and line up the holes.
- Secure the saddle in position with the Adjustment Knob (7). The correct height for the seat can be adjusted after the bike is fully assembled.

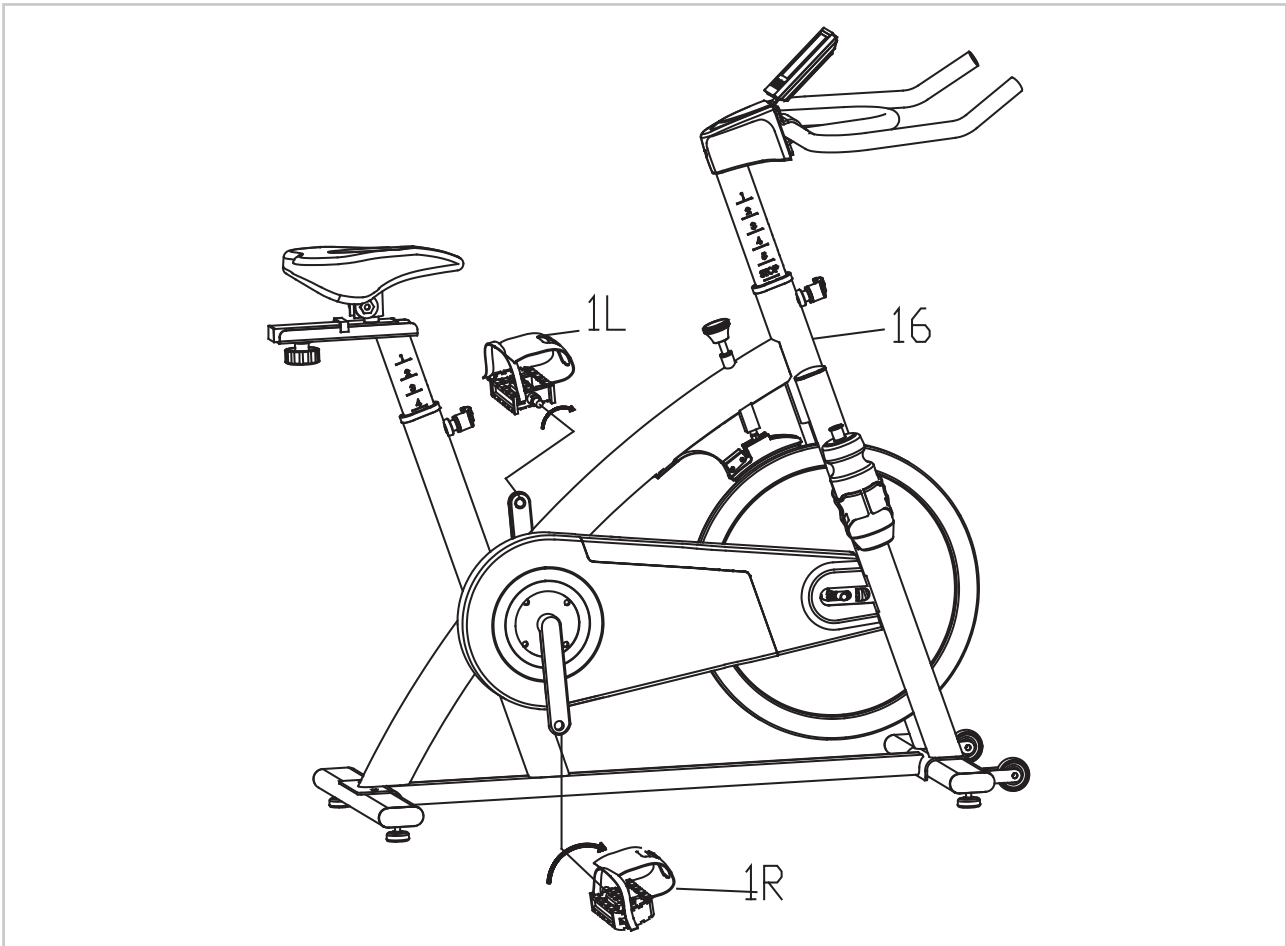
STEP 3



- Slide the Handlebar Post (17) into the handlebar post housing on the main frame. You will have to slacken the knurled section of the Spring Adjustment Knob (7) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion.
- Remove the bolts and spring washer from the Handlebar Post (17), then fix the Handlebar (18) with 4 pcs Ø8 the Spring Washer (19) and M8*15 the Bolt (20).

NOTE: Make sure that the handlebars are properly tightened. Slide the computer (23) onto the computer holder (22) with bolt (81) and connect plug (A1 & A2).

STEP 4

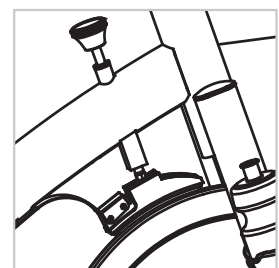


- The Pedals (1L & 1R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right-hand side of the cycle as you sit on it. Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise

NOTE: *The right pedal must be attached clockwise and the left pedal counter clockwise.*

Coat the brake pad with silicone oil

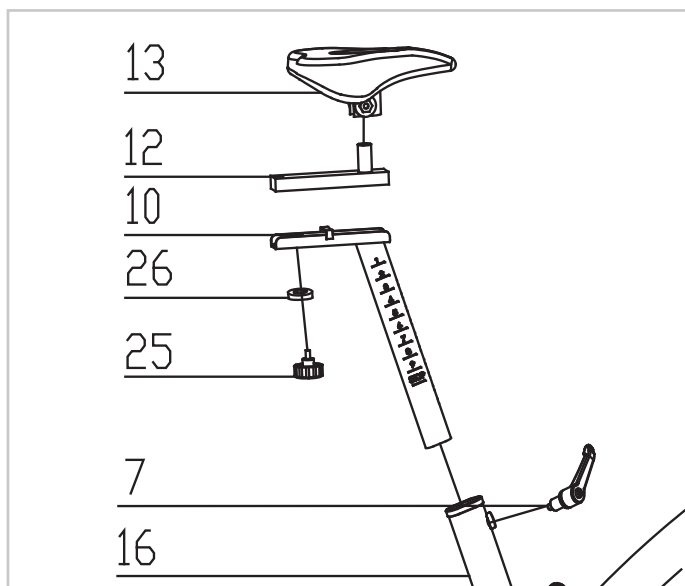
Use the supplied bottle of silicone oil to lightly lubricate the brake pad. This ensures less friction on the flywheel and a quieter experience. When you start to notice that the block is getting dry, put a little silicone oil on the block again. Make sure that the block does not get dry.



SADDLE

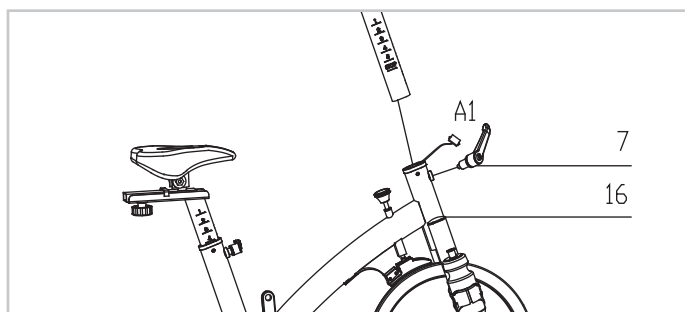
To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.



HANDLEBAR

To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.



TENSION

Adjusting the tension (FIG. A)

Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike. To increase tension and increase resistance (requiring more strength to pedal), turn the Emergency Brake & Tension Control Knob (52) to the right.

To decrease tension and Decrease resistance (requiring less strength to pedal), turn the Emergency Brake & Tension Control Knob (52) Using the Emergency Brake Function.



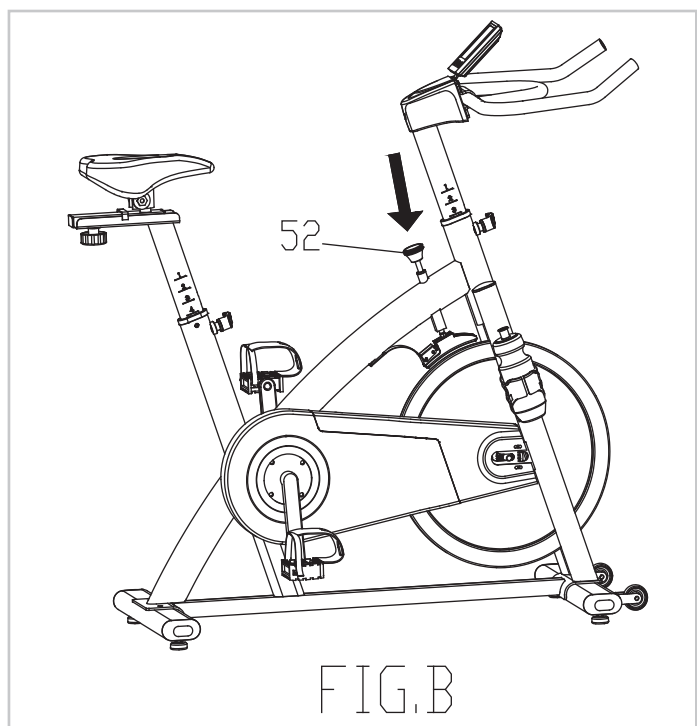
Does the device beep when the resistance increases? Then lubricate the felt pad a little bit with the supplied silicone oil. The block may be dried out, causing a squeaking sound.

EMERGENCY BRAKE

Emergency Brake (FIG. B)

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel. To use the Emergency Brake function in any situation you would need it in, firmly press down on the Emergency Brake & Brake Control Knob (52).

NOTE: To use the emergency brake function you must press the button (52). Press firmly.



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.

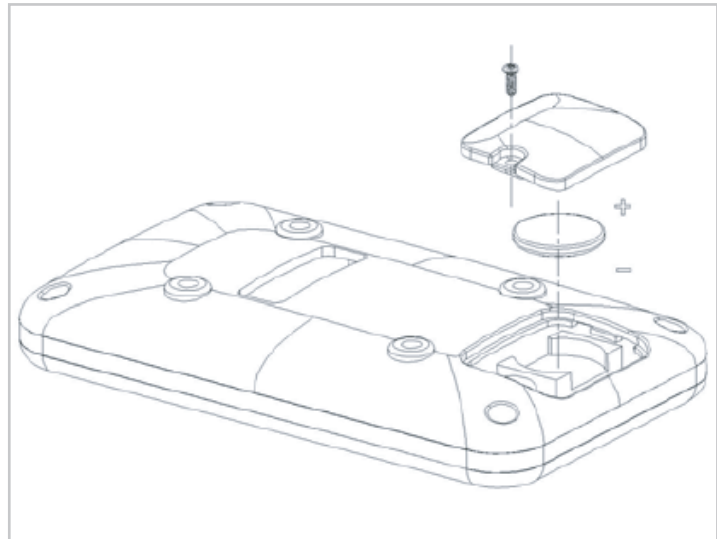
SEMI-ANNUAL MAINTENANCE

- 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.

BATTERY

The monitor uses one “3V CR2032” battery. You can replace the battery through the back of the unit.

The battery must be installed correctly. If the screen is unreadable or only parts of the image work, follow the next step: Remove the battery and wait 15 seconds, then reinsert the battery correctly.



ADVICE FOR HANDLING BATTERIES

1. Remove the battery when they are exhausted or if you do not use the product for an extended period of time in order to avoid hazards through leaking battery.
2. Do not recharge battery nor disassemble or throw them into fire. Danger of explosion!
3. Pay attention to the polarity (+) and (-).
4. Use preferably alkaline battery, as they have a longer operation time than usual zinc-carbon batteries.
5. A change of battery is necessary when the display becomes weaker or completely faded.

CHANGING THE BATTERIES

1. When you see an incorrect display on the screen, it is recommended to replace the battery.
2. Use a 3V CR2032 battery as power supply.
3. Remove the screws from the battery holder.
4. Remove the battery protective cap.
5. Insert the battery in the indicated location.
6. Replace the battery protective cover and screw it back on.

COMPUTER

KNOB	FUNCTION
MODE/RESET	<ul style="list-style-type: none">• To confirm all settings.• Press and hold the button for 2 seconds to clear all settings.
SET	To set the values of TIME, DISTANCE, DISTANCE, CALORIES and PULSE, you can hold down the button to quickly increase the values (this is not possible during training).

FUNCTIONS

KNOB	DESCRIPTION
SCAN	Shows all functions TIME - DISTANCE - CALORIES - PULSE - RPM / SPEED in sequence.
RPM	Displays the number of revolutions per minute (Rounds Per Minute). The RPM and SPEED shift to a different display window every 6 seconds after you start exercising.
SPEED	Show the speed.
TIME	<ul style="list-style-type: none"> • You can press the "SET" button to set the time you want to train between 0:00 and 99:50 and count down the computer. • You can also set the time alone or have it kept by the computer. The computer then adds up.
DISTANCE	<ul style="list-style-type: none"> • You can press the "SET" button to set the distance you want to train between 0:00 and 99:50 and count down the computer. • You can also set the distance alone or have it tracked by the computer. The computer then adds up.
CALORIES	<ul style="list-style-type: none"> • You can press the "SET" button to set the number of calories you want to work out between 0:00 and 99:50 and allow the computer to count down. • You can also set the calories alone or leave them by the computer to hold. The computer then adds up.
PULSE	Shows the user's heart rate. You can set a target heart rate. When your heart rate reaches the target heart rate, the computer will indicate this with a "Bi" alarm sound.

EXPLANATION

1. Now set the TIME / DISTANCE / CALORIES / PULSE functions. The data you can enter starts to flash. Example: If you can enter "TIME", the time flashes. Use the "SET" button to adjust the numbers, and the "MODE" button to confirm.
2. As soon as the computer signals that you are training, the values of TIME, DISTANCE, CALORIES up as in FIG. B. If you have set a training target (TIME, DISTANCE, or CALORIES), this value starts to count down to 0 during exercise. The moment your goal is reached, goes the computer beeps for 8 seconds. If you continue to train, the computer counts up from 0. Use the "MODE" button to confirm and set a new target.
3. In the SCAN mode you will see TIME, DISTANCE, CALORIES, PULSE, and RPM / SPEED alternately in the larger screen shown at the top. The computer switches to the next value every 6 seconds.
4. You can also use the "MODE" button to select and display one value. All others values then disappear, except RPM and SPEED. These remain visible and change the display window.

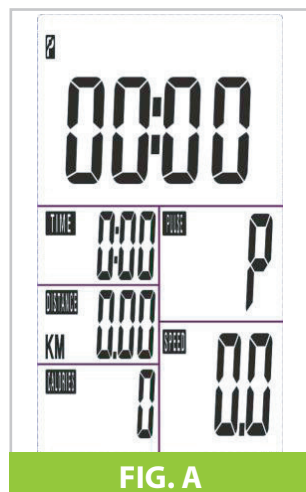


FIG. A

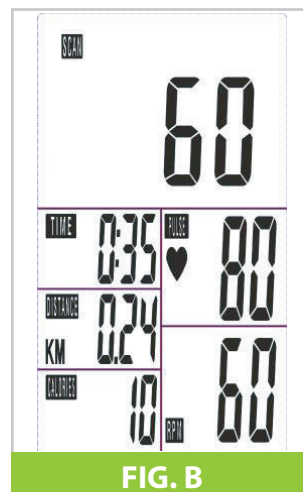
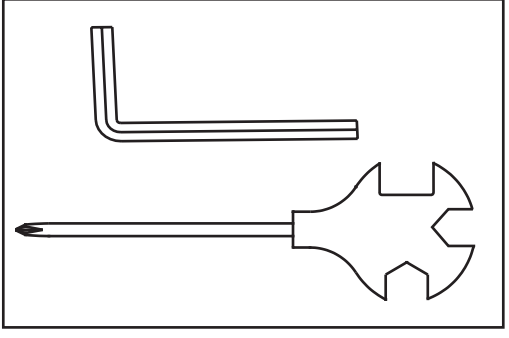
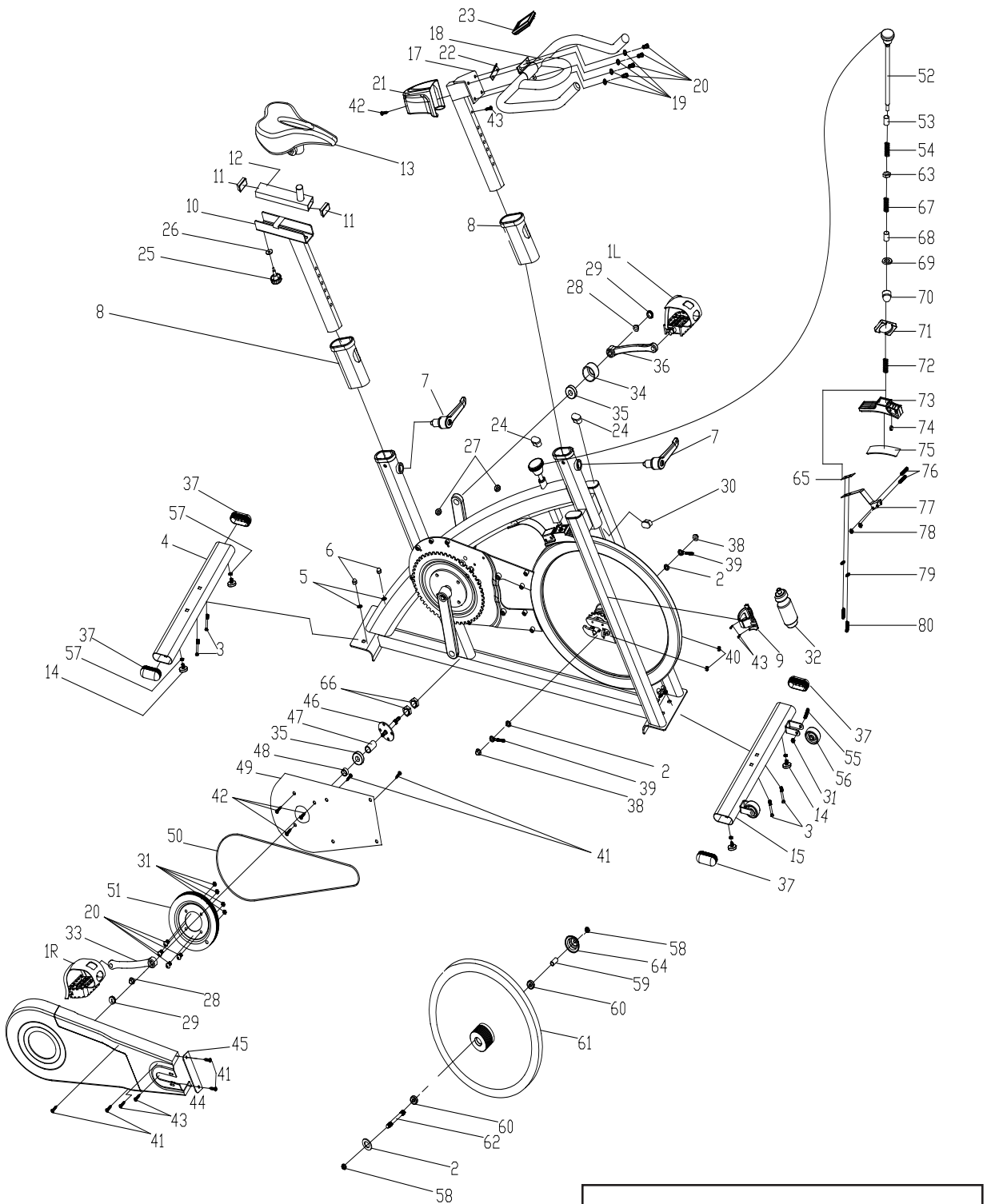


FIG. B

NOTE:

5. When you stop exercising for 4 minutes, the training screen goes out. You can use any button press to return to your training screen and continue where you left off. Your training data is still in the system. If you replace the battery all are yours settings away.
6. If the display shows strange data, re-install the battery and see if this is it solves the problem.
7. Battery: 3V CR2032 (1 piece).



#	DESCRIPTION	QTY
1L	Pedal	1
1R	Pedal	1
2	Flat washer	3
3	Carriage bolt	4
4	Rear stabilizer	1
5	Flat washer	4
6	Domed nut	4
7	Spring adjustment knob	2
8	Plastic sleeve	2
9	Bottle holder	1
10	Vertical seat post	1
11	End cap 2	2
12	Seat post	1
13	Seat	1
14	Stopper	4
15	Front stabilizer	1
16	Main frame	1
17	Handle bar post	1
18	Handle bar	1
19	Spring washer	4
20	Bolt	8
21	End cap (4)	1
22	Computer holder	1
23	Computer	1
24	End kap (3)	2
25	Locking knob	1
26	Flat washer $\phi 32 \times \phi 8.2 \times 2$	1
27	End kap (1)	2
28	Fixing nut 1	2
29	Crank end cap	2
30	End kap (4)	1

#	DESCRIPTION	QTY
31	Lock nut	5
32	Bidon	1
33	Left crank	1
34	Crank coer	1
35	Bearing	2
36	Right crank	1
37	End kap (2)	4
38	Fixing nut 2	2
39	Fixing bolt M6*54	2
40	Nut M6	2
41	Screw ST4.2*19	6
42	Screw ST4.2*19	4
43	Screw ST4.8*13	5
44	Outer chain cover	1
45	Little chain cover	1
46	Axis $\phi 20 \times 162$	1
47	Long fixing tube	1
48	Short fixing tube	1
49	Inner chain cover	1
50	Belt	1
51	Belt wheel	1
52	Knob	1
53	Bushing	1
54	Spring 1	1
55	Bolt	2
56	Wheel	2
57	Nut M8	4
58	Fixing nut M12*1.25	2
59	Fixing tube	1
60	Bearing	2
61	Flywheel	1

#	DESCRIPTION	QTY
62	Flywheel shaft	1
63	Fixing nut 2	1
64	Flywheel cover	1
65	Flat washer 35*20*2.0	1
66	Fixing nut	2
67	Spring 2	1
68	Short fixing tube	1
69	Flat washer 27*M20*1	1
70	Domed nut	1
71	Spring cover	1
72	Spring 3	1
73	Plastic frame	1
74	Little plastic	1
75	Woolly block	1
76	Bolt 1	2
77	Spring brake	1
78	Lock nut	2
79	Spring washer	2
80	Bolt 2	2

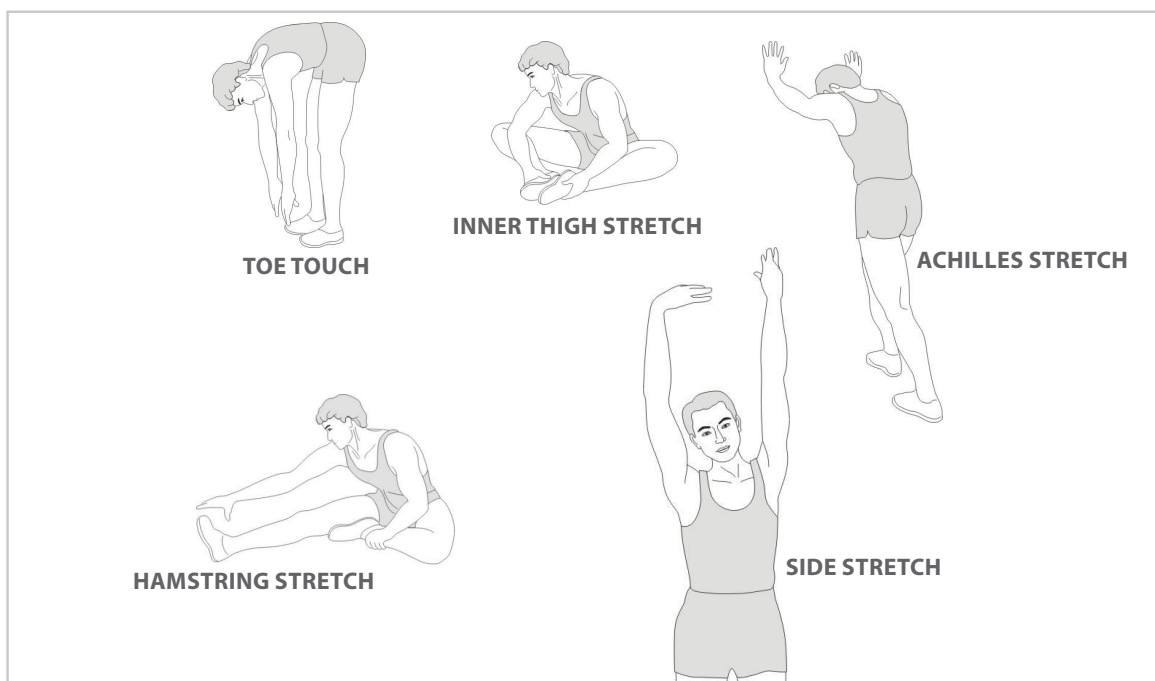
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.