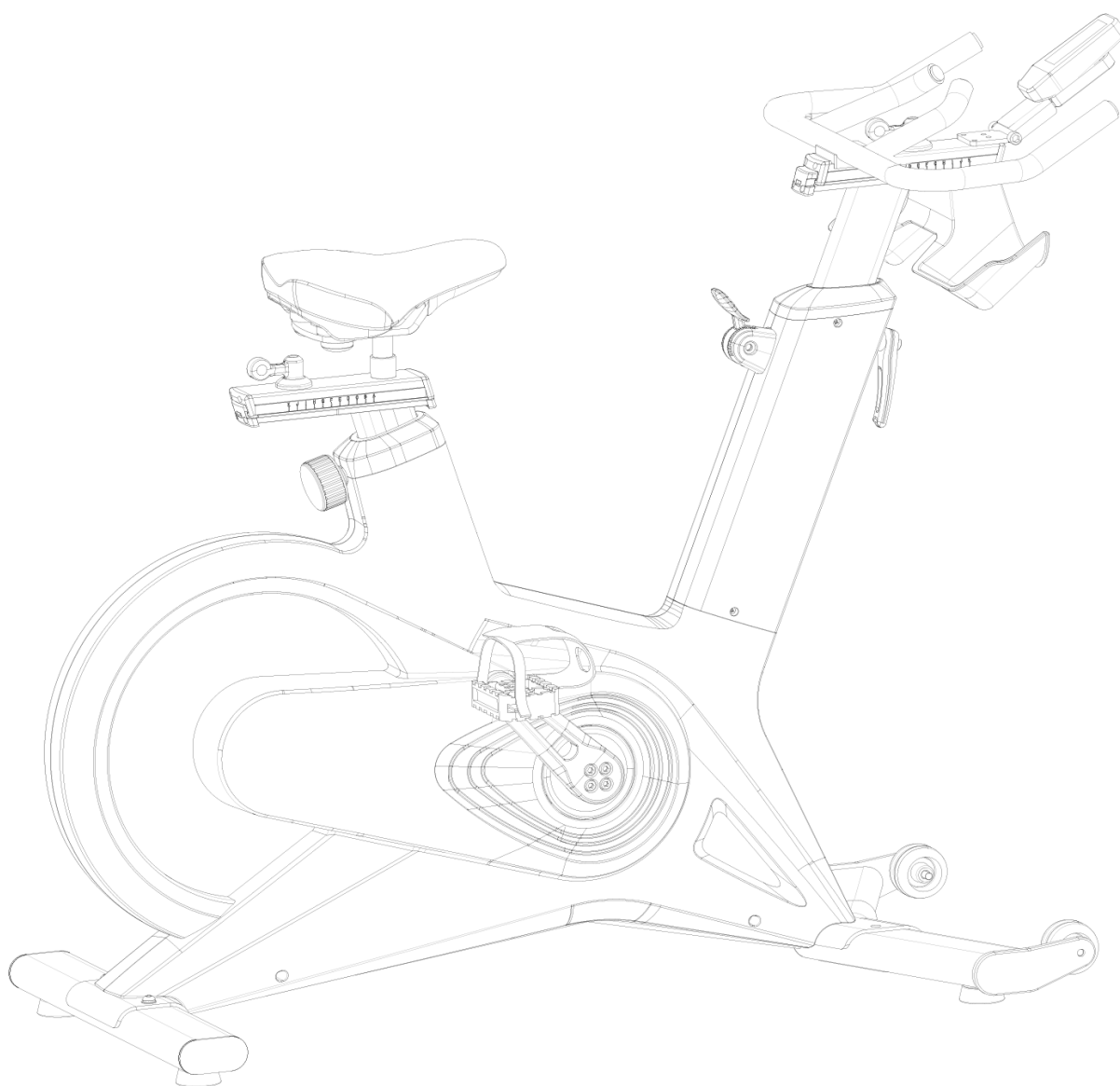


virtuafit

Indoor Cycle S1 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 exercise equipment 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 equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment 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 equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
- We recommend that handicapped people should only use the device when a qualified care is present.
- When using the fitness device, wear comfortable clothing and preferably spats or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.
- Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
- Ensure there are no children nearby when you are exercising on the device. In addition, the device should be showed in a place that children or house pets cannot reach.
- Ensure that only one person at a time uses the fitness device.

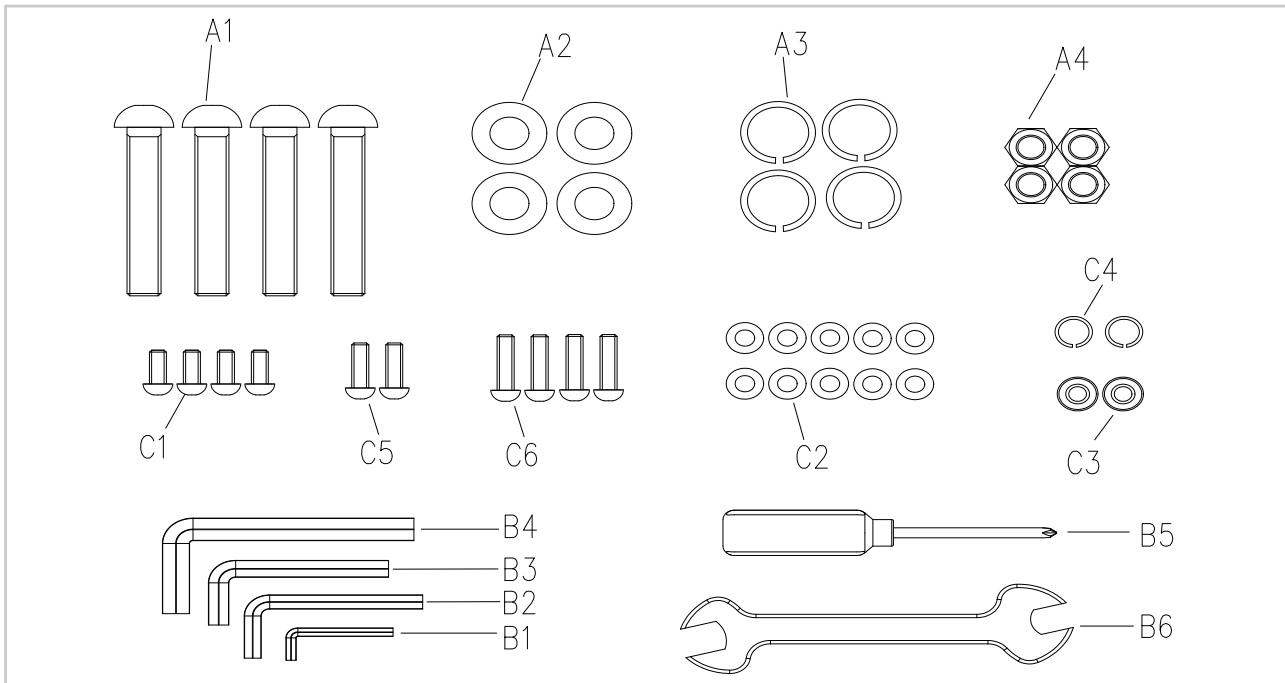
- After the sports device has been set up according to operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
- Do not use a device that is damaged or unserviceable.
- Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5m around the device for safety reasons.
- Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
- Use the device only for the purpose described in these operating instructions. Use only attachments recommended by the manufacturer.
- The device is made for home use and semi-professional use. The maximum user weight is 150 kg.
- 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 equipment 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.

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 fitness equipment 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:



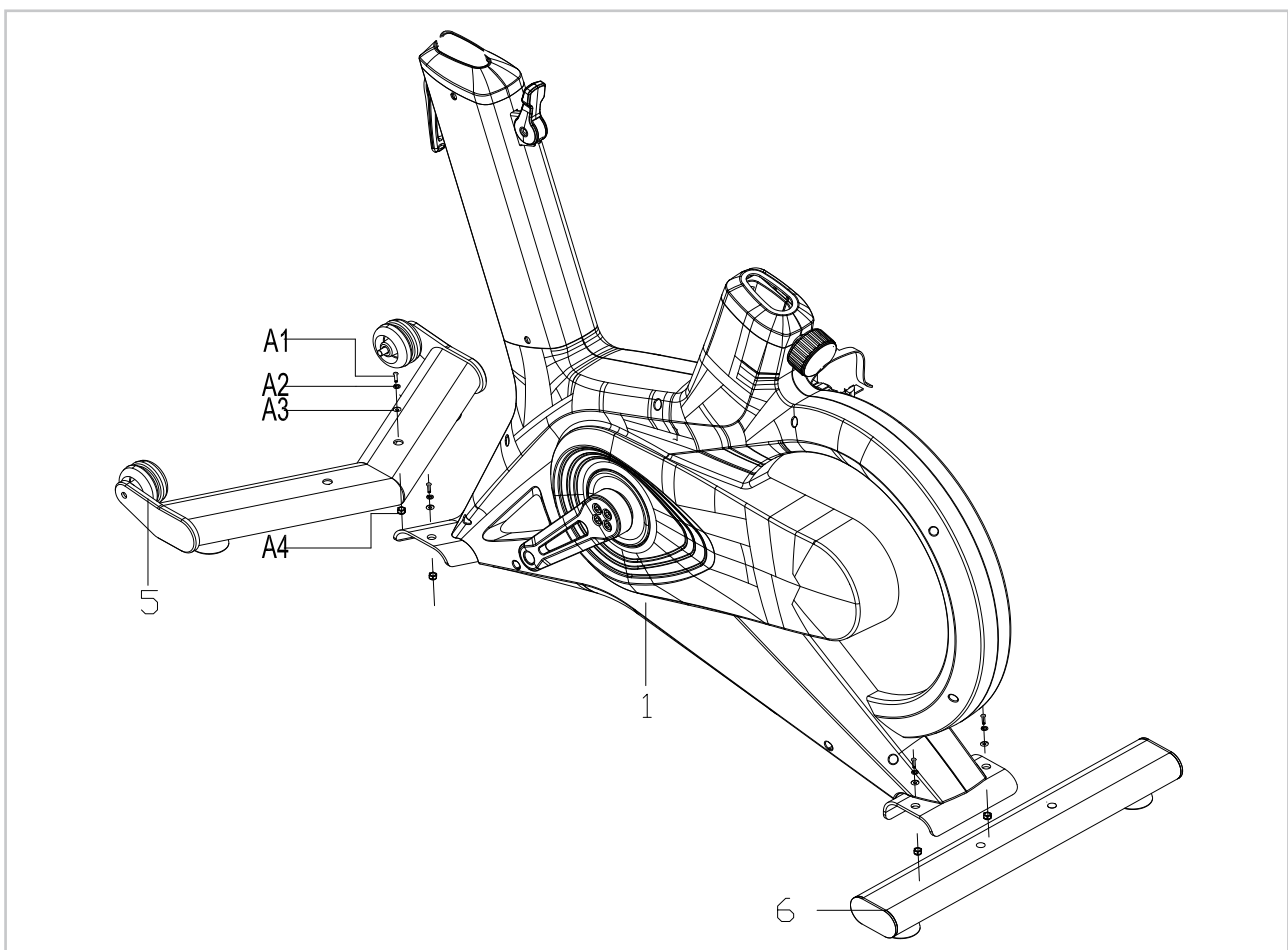
NUMBER	DESCRIPTION	QTY	NUMBER	DESCRIPTION	QTY
A1	Semicircular head inner hexagon screws M10*60	4	B5	Cross screwdriver	1
A2	Pad ø10	4	B6	15-17 open wrench	1
A3	Spring Pad ø10	4	C1	Semicircular head cross flower screw M5*12	4
A4	Self-locking nuts M10	4	C2	Pad ø5	10
B1	Inner hexagon wrench (4 mm)	1	C3	Nylon mat S1151	2
B2	Inner hexagon wrench (5 mm)	1	C4	Semicircular head cross flower screw M5*16	2
B3	Inner hexagon wrench (6 mm)	1	C5	Semicircular head cross flower screw M5*20	2
B4	Inner hexagon wrench (8 mm)	1	C6	Semicircular head inner hexagon screw M10*60	4

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

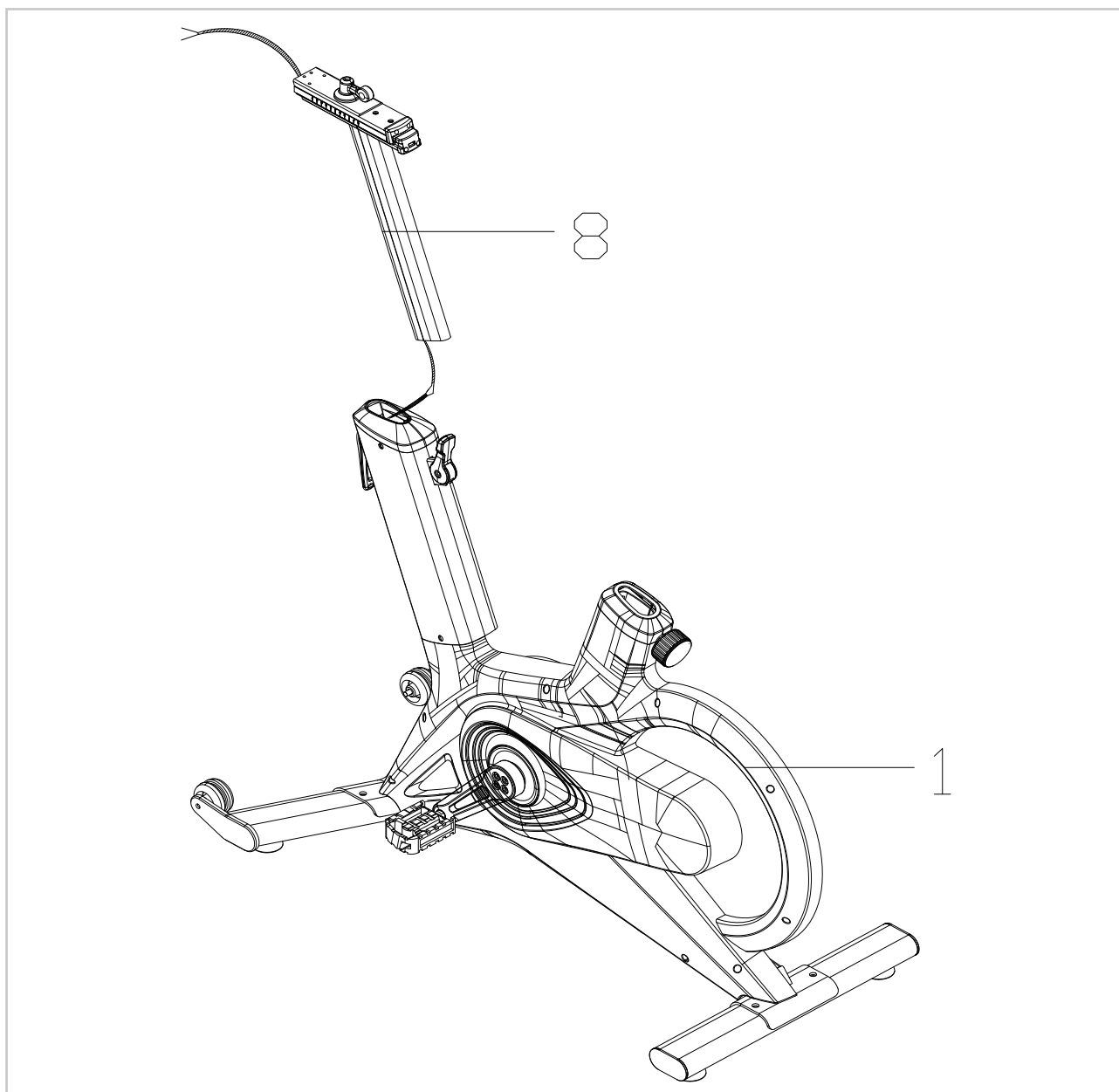
Socket screws: The spinbike contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



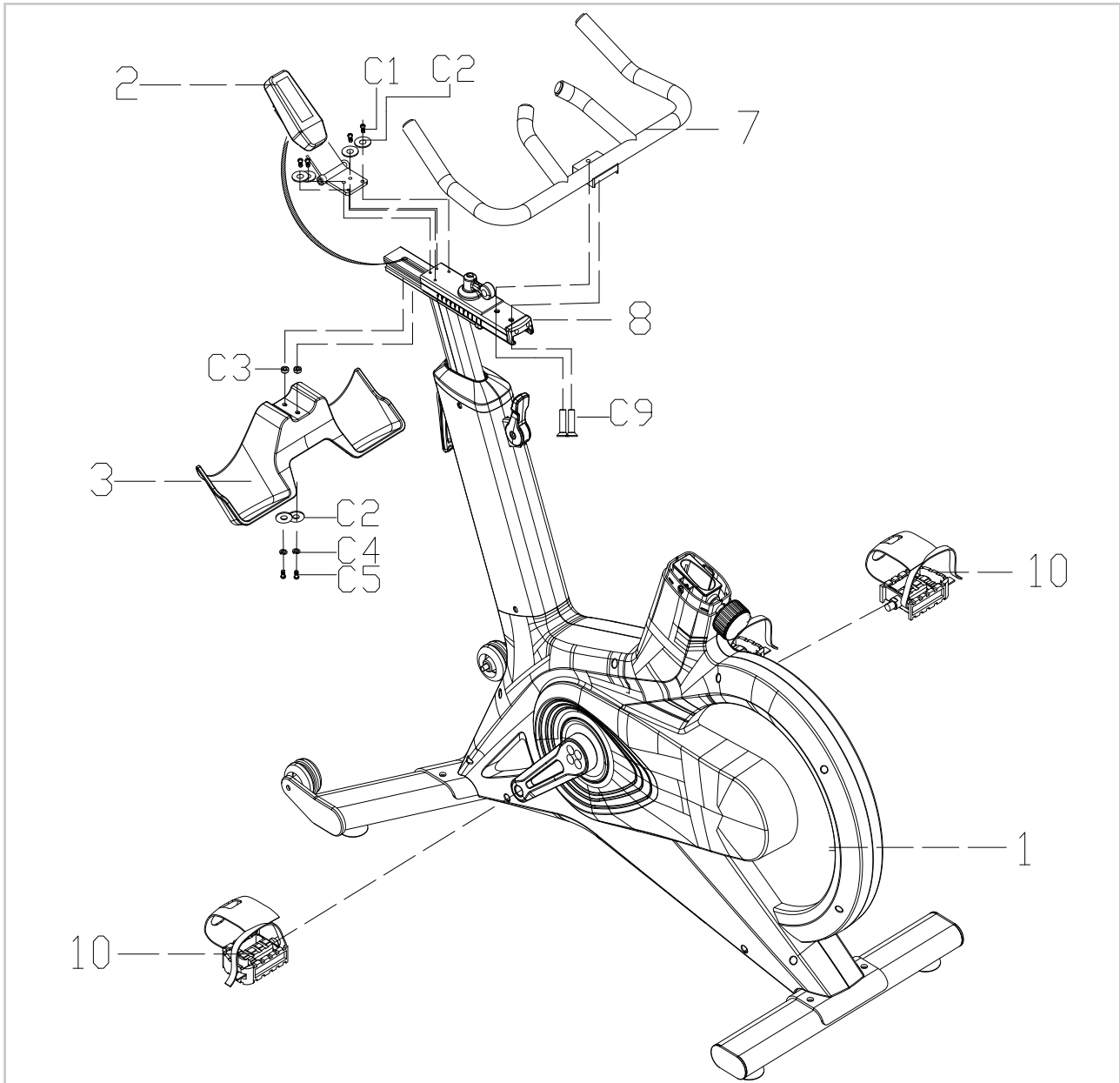
- Use the hexagon screw M10 * 60 (A1), washer $\varnothing 10$ (A2), locknut M10 (A4) to attach the front (5) and rear (6) stabilizer to the frame (1).

STEP 2



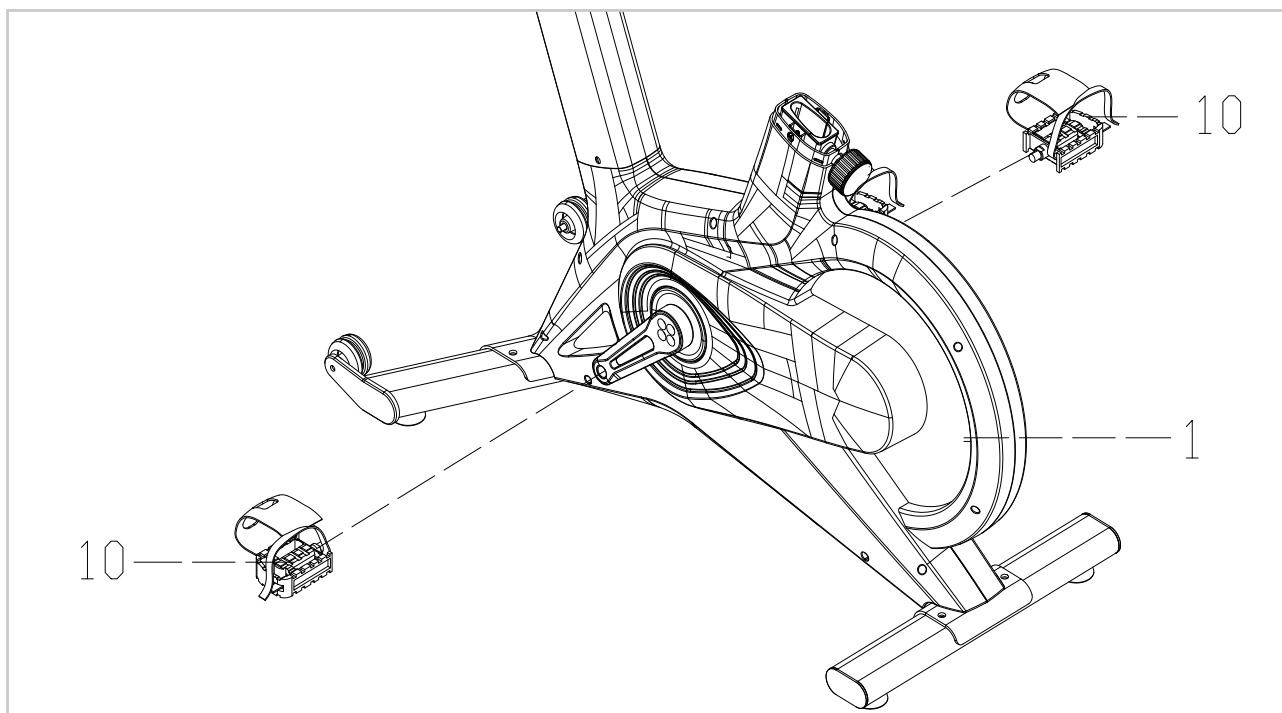
- Place the handlebar (8) in the frame (1) and make sure that you adjust it to the correct height. Then connect the wires.

STEP 3



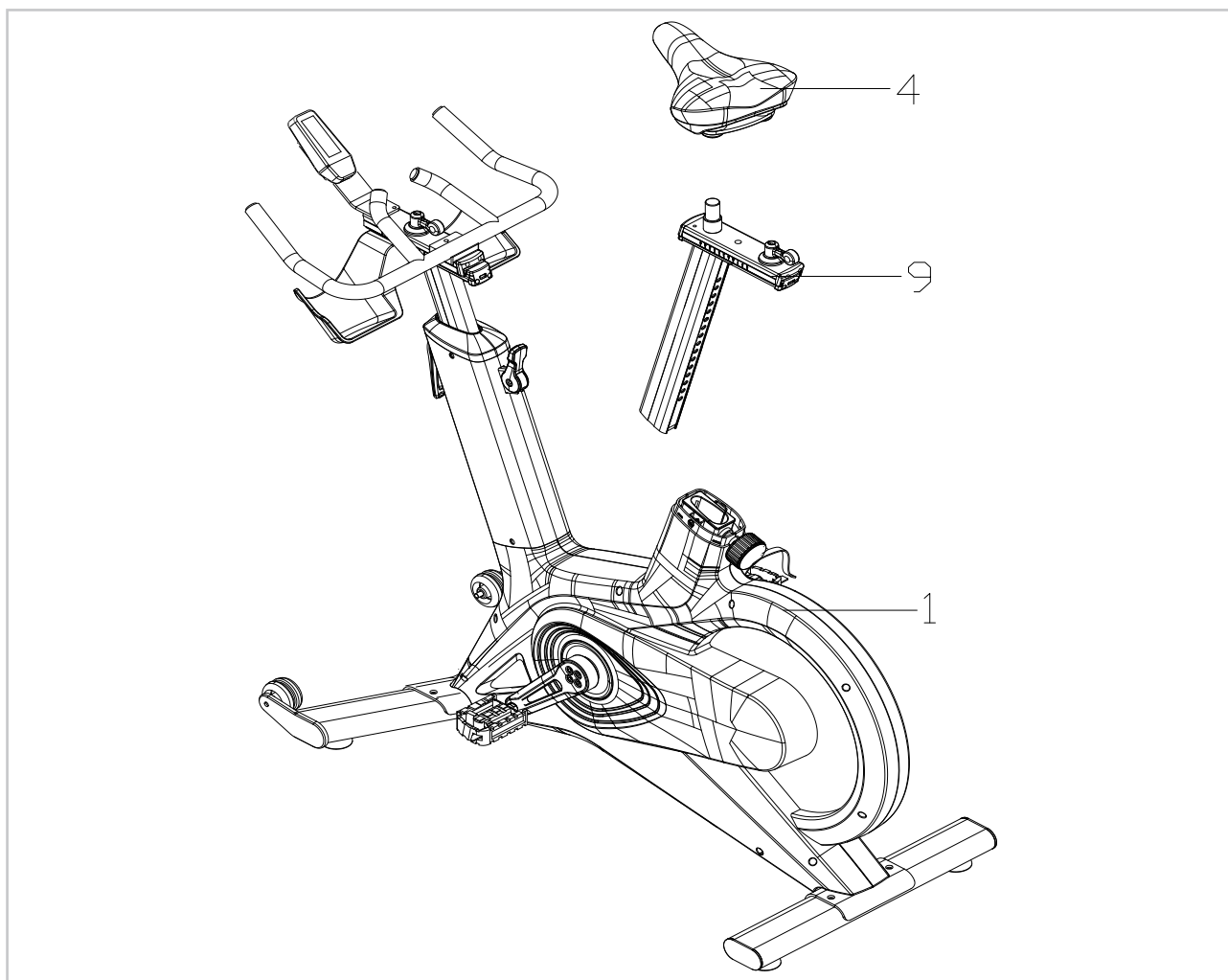
- Use the M5 * 12 (C1) Phillips screw and the $\varnothing 5$ (C2) ring to attach the console (2) to the handlebar (8) confirm. Then connect the sensor cables.
- Attach the aluminum protection cap (11) with the Phillips screw M5 * 20 (C6) and ring $\varnothing 5$ (C2).
- Use nylon washer S1151 (C3), washer $\varnothing 5$ (C2), spring washer $\varnothing 5$ (C4) and Phillips screw M5 * 16 (C5) to mount the bottle cage (3) on the handlebar (8).
- Place the steering rod (8) in the position as shown in the figure. Use the countersunk head screw M8*16 to attach the handlebar (7) to the handlebar (8). Pay attention! This hex screw is already attached to the steering rod (8).

STEP 4



- The pedals are marked with "L" (Left) and "R" (Right). Connect them to their correct crank. The judge crank is on the right side of the bicycle when you sit down. Note that the right pedal must be attached clockwise and the left pedal counterclockwise.

STEP 5



- Place the seat post (9) in the frame (1) and make sure that you adjust it to the correct height. Then confirm the saddle (4) on the seat post (9).
- Check that all parts / screws are correctly attached and without play. So prevents parts from coming loose.

ADJUSTING THE HANDLE AND SADDLE

Before exercise, adjust position of the handle and seat according to your height. Rotate the adjustment handle to loosen parts in a counterclockwise direction. Rotate the adjustment handle in the clockwise direction to fix parts. The seat and handle can be adjusted in the direction shown in Figure 3.

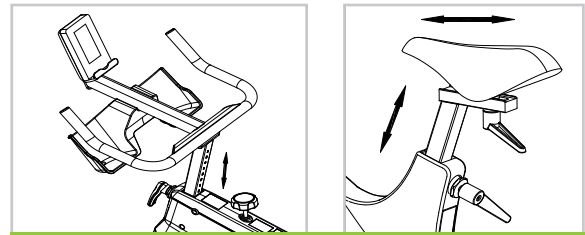


FIGURE 3

1. Standing upright next to the bicycle, adjusting the bicycle cushion to the buttocks position. As shown in Figure 4.
2. Adjust the height of the handle so that the lowest part of the handle is the same height as the seat cushion. As shown in Figure 5.
3. Adjust the front and rear position of the seat cushion. When the foot is at the forefront, your knee just exceeds your foot, as shown in Figure 6.
4. Adjust the handlebar, the distance between the seat cushion and the handlebar is equal to the length of your forearm. As shown in Figure 7.

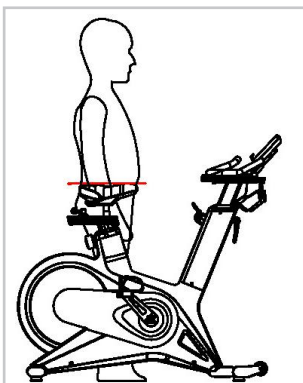


FIGURE 4

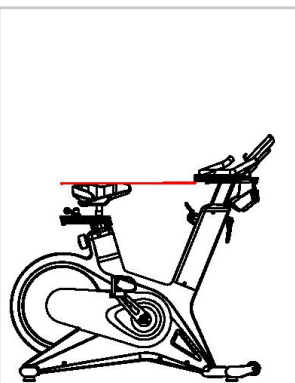


FIGURE 5

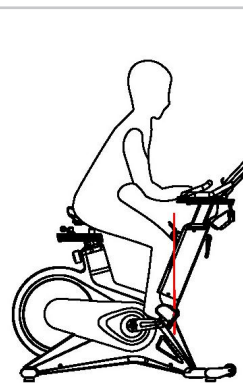


FIGURE 6

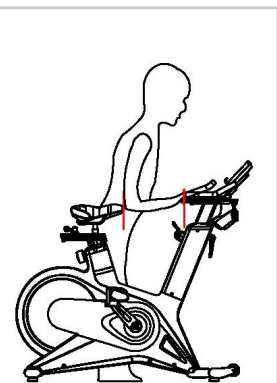


FIGURE 7

NOTE: When adjusting the upper and lower positions of the handle and the seat, their highest position should not exceed the horizontal "STOP" line as shown in Figure 8.

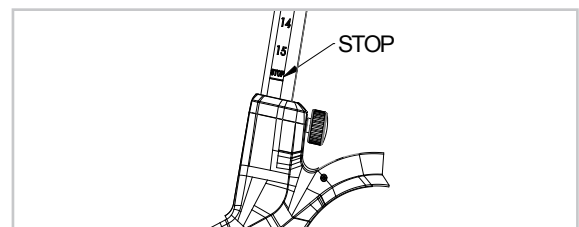


FIGURE 8

TIGHTEN AND LOOSEN SAFE BELT ON PEDAL

1. Put your foot into the pedal and tighten the safe belt upward to the right place as shown in Figure 9.
2. When getting off the bike, firstly press the safety button, and then loosen safe belt upwards as shown in Figure 10.



FIGURE 9

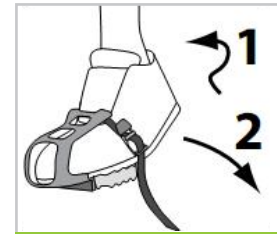
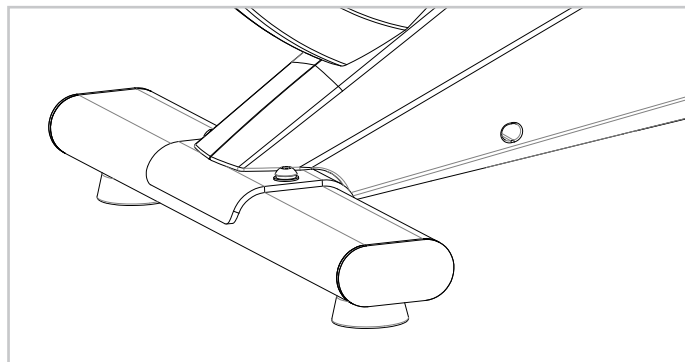


FIGURE 10

ADJUSTING THE BALANCE

Make sure that the spinning bike stands on a stable surface at all times. If in doubt, you can always place a rubber mat under your spinning bike so that you get a better grip on your floor. If you need to adjust the spinning bike slightly, you can compensate the spinning bike with the uneven surface with a simple twist on the adjustable ends of both sides of the frame.



MOVING THE SPINBIKE

To move the spinning bike, push the handlebar down until the transport wheels on the front stabilizer touch the ground. With the transport wheels on the ground you can easily transport the spinning bike to the desired location.

STOP TRAINING

The weight of this spinning bike inertia wheel is very big, so do not go down straight from the bicycle when crank is still spinning, otherwise trainer may be thrown forward and causes unnecessary damage. If you want to stop training, you can adjust console to increase resistance or press directly the brakes resistance regulator down until crank stops, and then trainer can get off the bike.

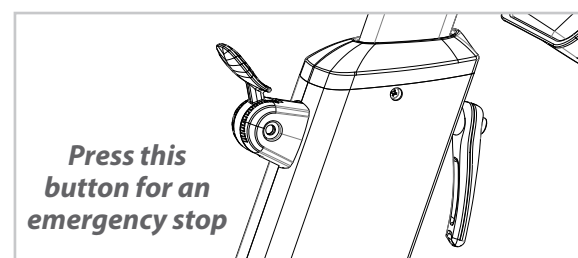


FIGURE 12

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 spinbike 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 spinbike.

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 device is free from dust and dirt.

SEMI-ANNUAL MAINTENANCE

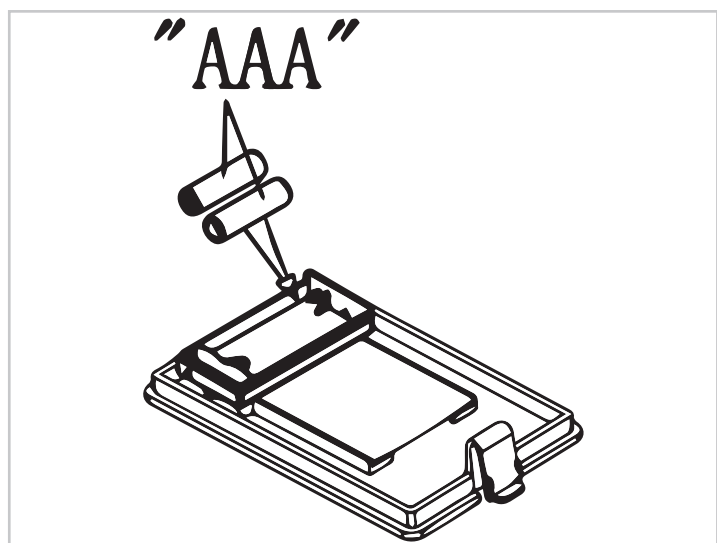
- Inspect all bolts and nuts in connection with moving parts of the device, tighten as required.
- Check the mobility of moving parts and components of the use equipment, silicone spray if necessary.

BATTERY

AAA BATTERIES

The screen uses two AAA batteries, which you can replace at the back of the screen.

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



PROBLEM SOLUTIONS

Display does not work

If the display no longer works, you can replace the batteries. These are at the back of the display.

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.

Spinbike beeps

Check that all bolts and nuts are tightened securely. Spray silicone spray if necessary.

Ticking sound when pedaling

This is probably caused by one of the trappers. Disassemble the pedal (s) and then re-assemble them on the device. Be careful, the left trapper must be turned counterclockwise to secure, the right trapper clockwise. Tighten the pedals firmly. Should this not be the case offer a solution, report this to the supplier.

The console is not working

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

CONSOLE



BUTTON	FUNCTION
SET	Set the values.
MODE / ENTER	Press MODE / ENTER button to select a desired function. Hold MODE / ENTER for 2 seconds to reset all functions.
RESET	If you press the RESET button once to reset the function you are currently using. Hold down the RESET button to reset all functions at once.
RECOVERY	Heart Rate Recovery Test.

FUNCTION

FUNCTION	EXPLANATION
SCAN	TIME-DISTANCE-CALORIES-PULSE-RPM / SPEED change automatically every 6 seconds.
SPEED	The speed is displayed during training when you start training.
RPM	Revolutions per minute.
TIME	The total cycling time from the beginning to the end of the exercise is displayed. If no signal is sent to the monitor for 4 seconds during training, the time stops.
DISTANCE	The distance of each workout is displayed when you start training. If a distance target is set, it runs from the set distance to 0 and an alarm sounds.
CALORIES	The total calories from the beginning to the end of the exercise is displayed. If a calorie goal is set, the calorie count decreases from the goal to 0 and an alarm sounds.
PULSE	Current heart rate is displayed after 6 seconds, when the 5 kHz chest strap is detected. If no heart rate signal is detected after 6 seconds, a "P" appears on the display. An alarm sounds if your heart rate is higher than your target heart rate. Range: 0-30 ~ 230 BPM.

If no signal has been sent to the display for more than 4 minutes, it will go to SLEEP.

- The recovery function only works if the heartbeat becomes detected.
- TIME starts at 0:60 seconds and ends at 0:00. After countdown is on the display F1 to F6. In this way the recovery capacity of your heart tested. On below schedule you can view your recovery capacity.
- If you press RECOVERY again, you will return to the get started.

F1 Outstanding

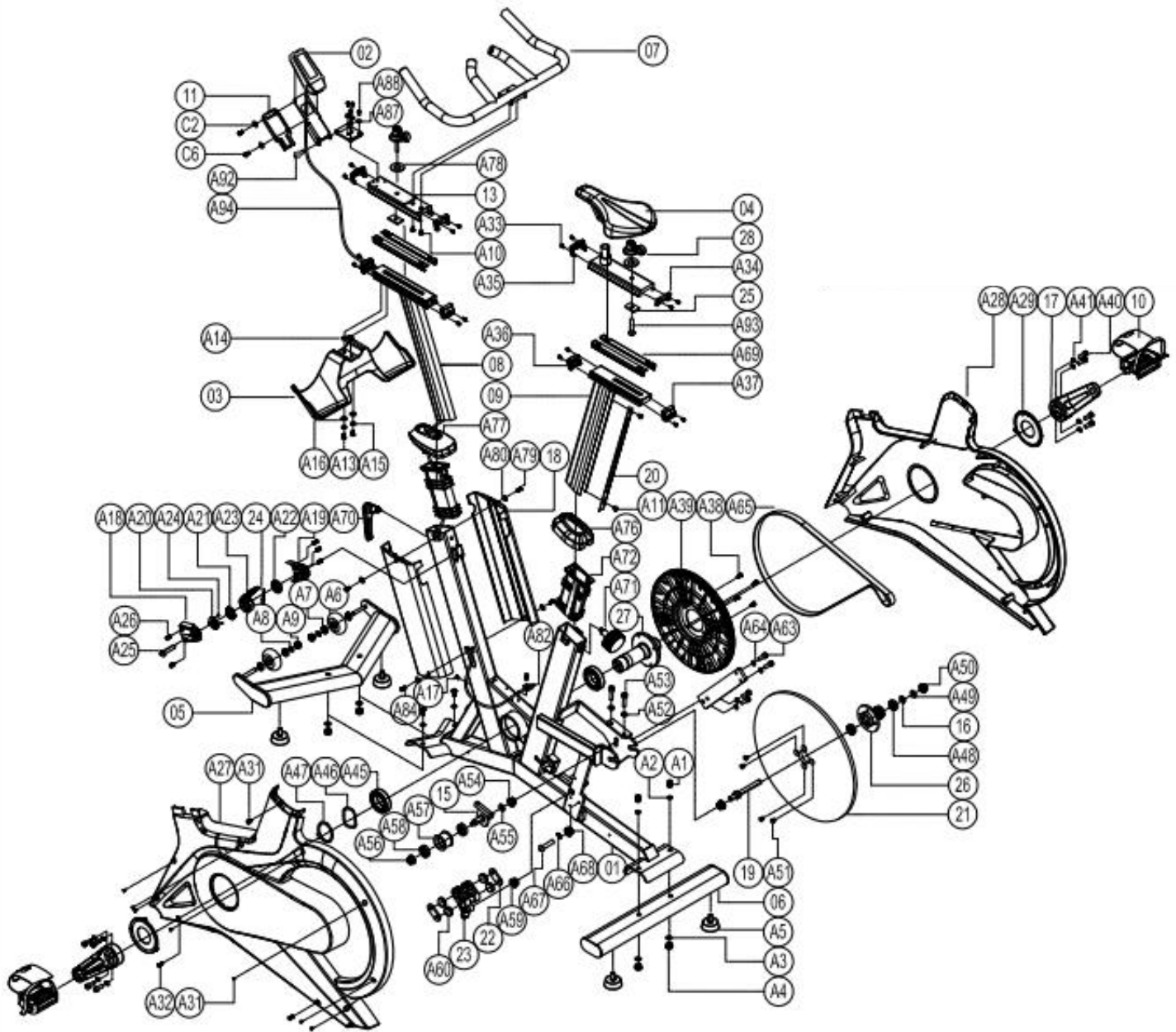
F2 Excellent

F3 Good

F4 Fair

F5 Below average

F6 Poor



#	DESCRIPTION	QTY
1	Frame	1
2	Console	1
3	Bottle cage	1
4	Saddle	1
5	Front foot set	1
6	Rear foot set	1
7	Handlebar set	1
8	Handle adjustment	1
9	Saddle adjustment	1
10	Pedal	1
11	Console rear cover	1
13	Handlebar slider	1
15	Idler tighten-up set	1
16	Short sleeve	1
17	Crank	2
18	Aluminium decorative shell (L)	1
18	Aluminium decorative shell (R)	1
19	Rear axle	1
20	Saddle plate	1
21	Flywheel	1
22	Magnet fixing plate	2
23	Resistance rotating block	1
24	Brake line	2
25	Sliding block	2
26	Main wheel axle	1
27	Front axle	2
28	Knob	2
A1	Semicircular head inner hexagonal screws M10*60	4
A2	Washer Ø10	4
A3	Spring washer Ø10	4

#	DESCRIPTION	QTY
A4	Non-slip nut M10	4
A5	Leveling feet Ø48*15	4
A6	PU wheel	2
A7	Deep groove bearing	4
A8	Washer Ø8	2
A9	Non-slip nut M8	2
A10	Flat countersunk head inner hex screws M8*16	2
A11	Flat countersunk head inner hex screws M5*12	4
A13	Semicircular head cross flower screw M5*16	2
A14	Nylon ring	2
A15	Spring washer Ø5	2
A16	Washer Ø5	2
A17	Semicircular head inner hex screw M5*16	1
A18	Brake outer shell 1	1
A19	Brake outer shell 2	1
A20	Spring column fixture piece	1
A21	Gear set	1
A22	Handlebar limit	1
A23	Resistance adjustment arm	1
A24	Spring top bead	2
A25	Polished rod lock screw	1
A26	Semicircular head inner hex screw M6*10	4
A27	Left shell	1
A28	Right shell	1
A29	Outer shell round cover	2
A30	Semicircular head cross flower self-tapping screw ST4*16	7
A31	Semicircular head cross flower screw M4*12	2

#	DESCRIPTION	QTY
A32	Cylindrical head inner hex screw M5*12	4
A33	Cylindrical head inner hex screw M4*12	16
A34	Decorative cover 1	2
A35	Decorative cover 2	2
A36	Decorative cover 3	2
A37	Decorative cover 4	2
A38	Semicircular head inner hex screw	4
A39	Pulley	1
A40	Cylindrical head inner hex screw M10*30	8
A41	Spring washer Φ 10	8
A45	Bearing Φ 68* Φ 40*15	2
A46	Wave washer Φ 40	1
A47	Outer circlip in C-shape Φ 40	1
A48	Bearing Φ 28* Φ 12*8	2
A49	Washer Φ 12	2
A50	Non-slip nut M12	2
A51	Flat countersunk head inner hex screw M8*12	4
A52	Washer Φ 8	2
A53	Cylindrical head inner hex screw M8*40	2
A54	Washer Φ 10	1
A55	Non-slip nut M10	1
A56	Non-slip nut M8	1
A57	Idler Φ 45*30	1
A58	Deep groove ball bearing	2
A59	Non-slip nut M10	1
A60	Strong magnetic Φ 25*T8	4
A61	Cylindrical head inner hex screw M5*30	1
A62	Non-slip nut M5	1
A63	Cylindrical head inner hex screw M10*20	4
A64	Spring washer Φ 10	4

#	DESCRIPTION	QTY
A65	Multi-ditch belt	1
A66	Spring	1
A67	Cylindrical head inner hex screw M6*45	1
A68	Non-slip nut M6	1
A69	Sliding reducer	4
A70	Pull-out in 7 shape	1
A71	Pull-out knob	1
A72	Reducing sleeve	2
A76	Nozzle 1 380*340*480	1
A77	Nozzle 2 380*340*580	1
A78	Saddle lock pad	2
A79	Semicircular head cross flower screw M4*12	4
A80	Washer Φ 4	4
A82	Speed sensor	1
A85	Flat countersunk head cross flower self-tapping screw ST3.5*16	4
A87	Washer Φ 5	4
A88	Semicircular head cross flower screw M5*12	4
A89	Cylindrical head inner hex screw M6*25	1
C6	Semicircular head cross screw M5*20	4
C2	Flat washer Φ 5	4
A92	Cylindrical head inner hex screw M8*12	1
A93	Semicircular head inner hex screw M12*40	1
A94	Console connecting line	1

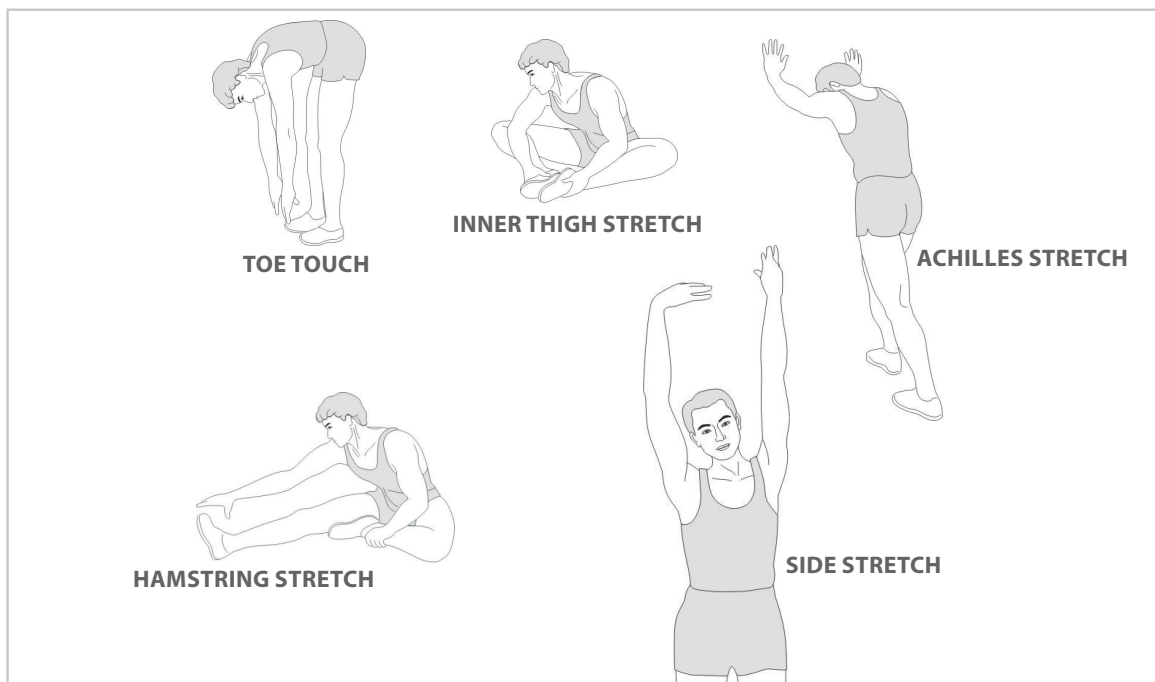
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.