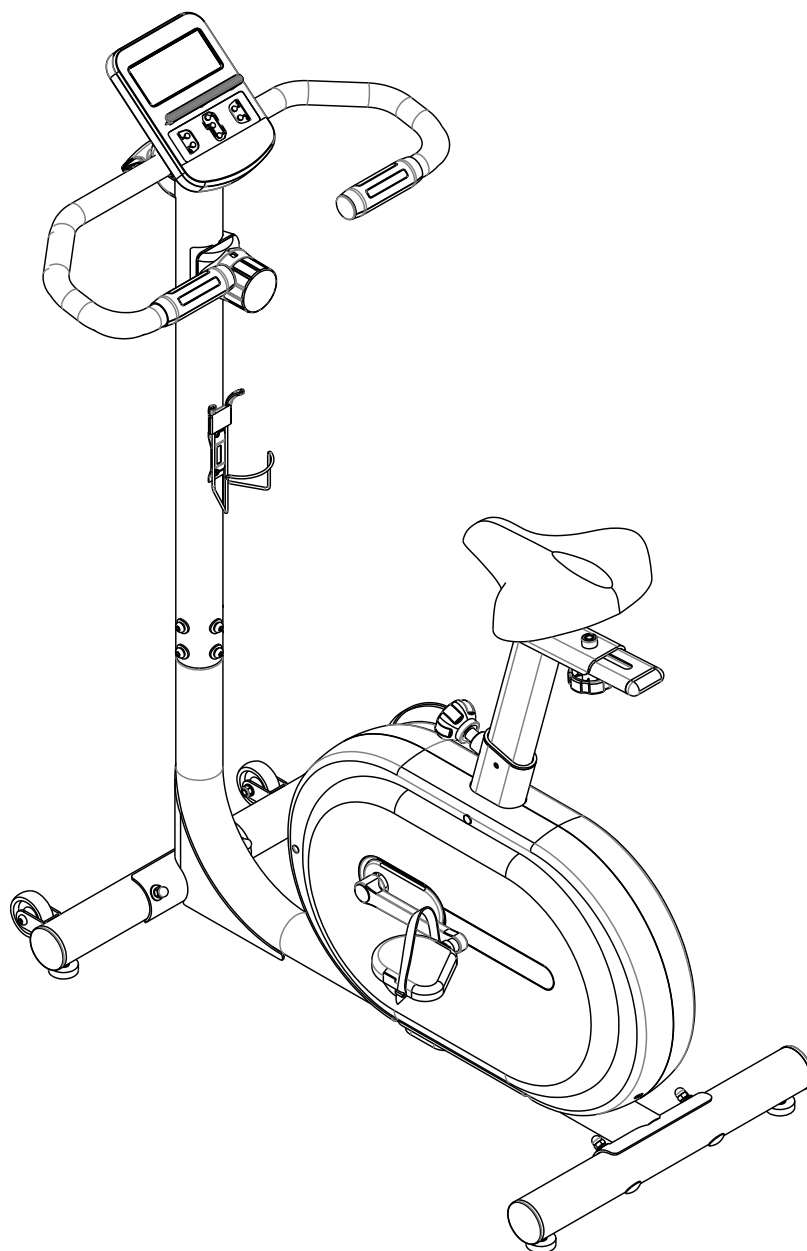


# virtuafit

*Low Entry Bike 1.1 Hometrainer*

## 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.

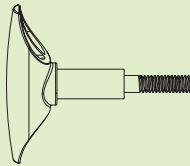
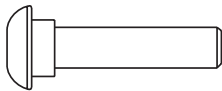
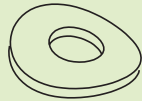

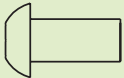

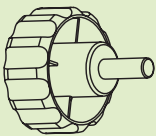
- Always use the device as indicated. If you find any defective components while assembling or checking the device, or if you hear any unusual noises coming from the device during use, stop immediately. Do not use the device until the problem has been rectified.
- Wear suitable clothing while using the 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:**

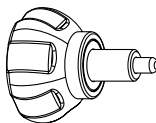


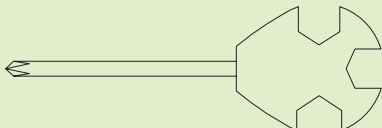
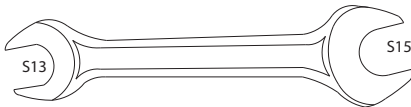
- Maintenance assembly and repair work not carried out by an official dealer.
- In the event of improper use, neglect and / or poor maintenance.
- Failure to maintain the device in accordance with the manufacturer's instructions (see the enclosed manual).

## TOOLKIT

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

NUMBER	DESCRIPTION	SHAPE	QTY
92	Cover		1
91	Knob M8*30		1
20	Bolt M8*73*20*H5		4
14	Arc Washer D8*Φ20*2*R30		10
21	Cap Nut M8*H16*S13		4
12	Bolt M8*20*S5		6
13	Spring washer D8		6
33	Knob M12*37*Φ58		1

## TOOLKIT

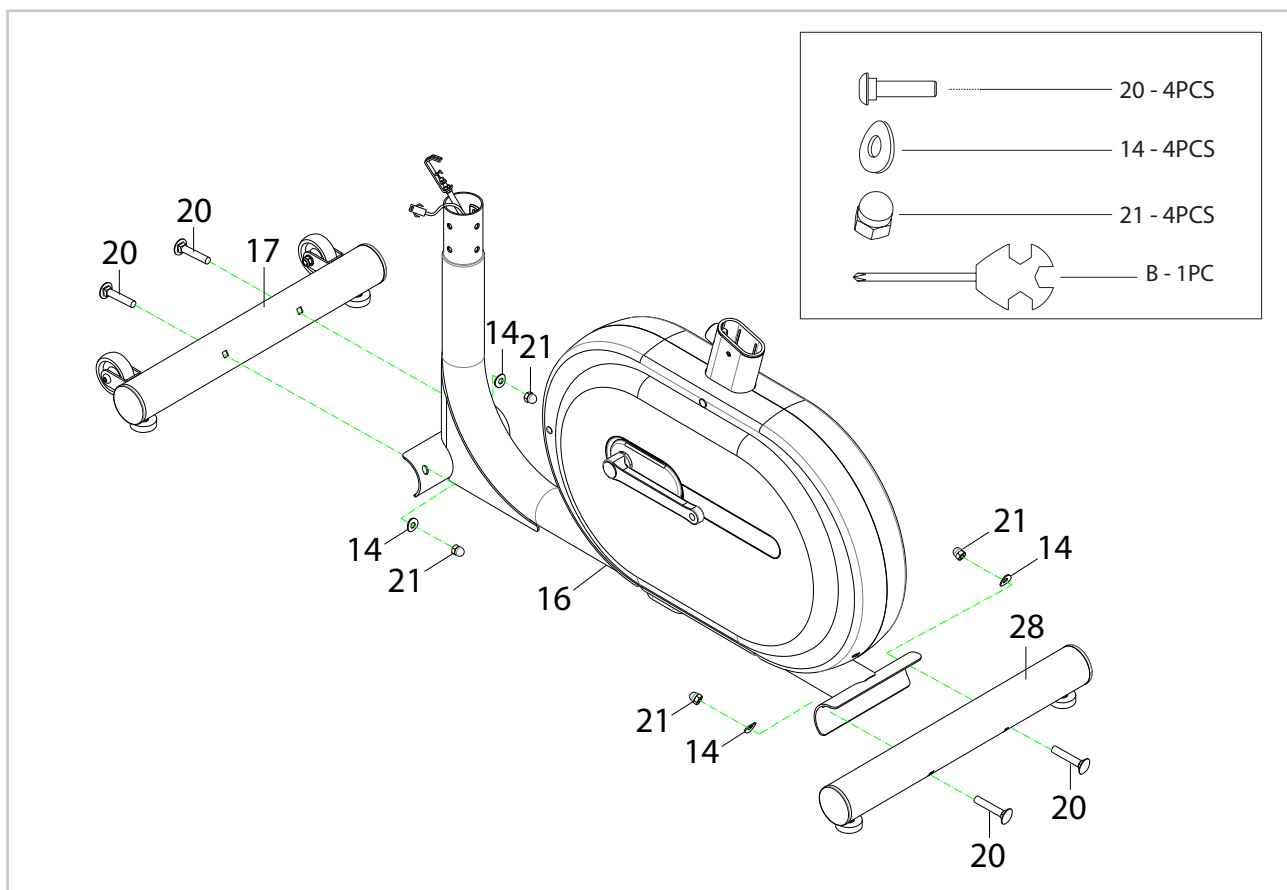
NUMBER	DESCRIPTION	SHAPE	QTY
35	Knob M16*1.5*24*Φ56		1
32	Washer D12*Φ24*2		1
A	Spanner S5		1
B	Wrench S13-14-15		1
C	Wrench S13 - 15		1

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

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

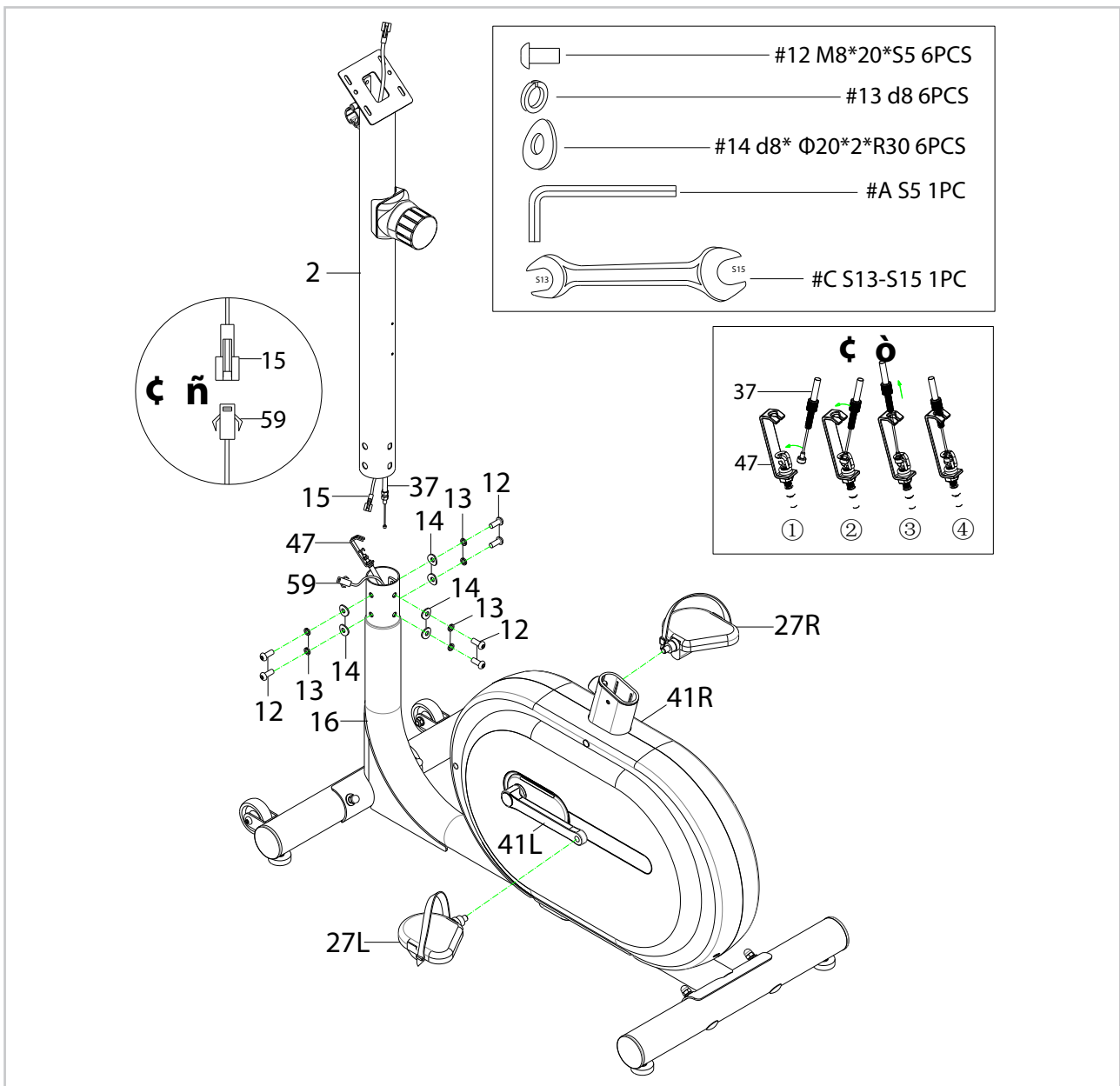
**Socket screws:** The hometrainer contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

## STEP 1



- Secure front bottom tube(17) to main frame(16) with bolts(20), arc washers(14) and cap nuts(21).
- Secure rear bottom tube(28) to main frame(16) with bolts(20), arc washers(14) and cap nuts(21).

## STEP 2

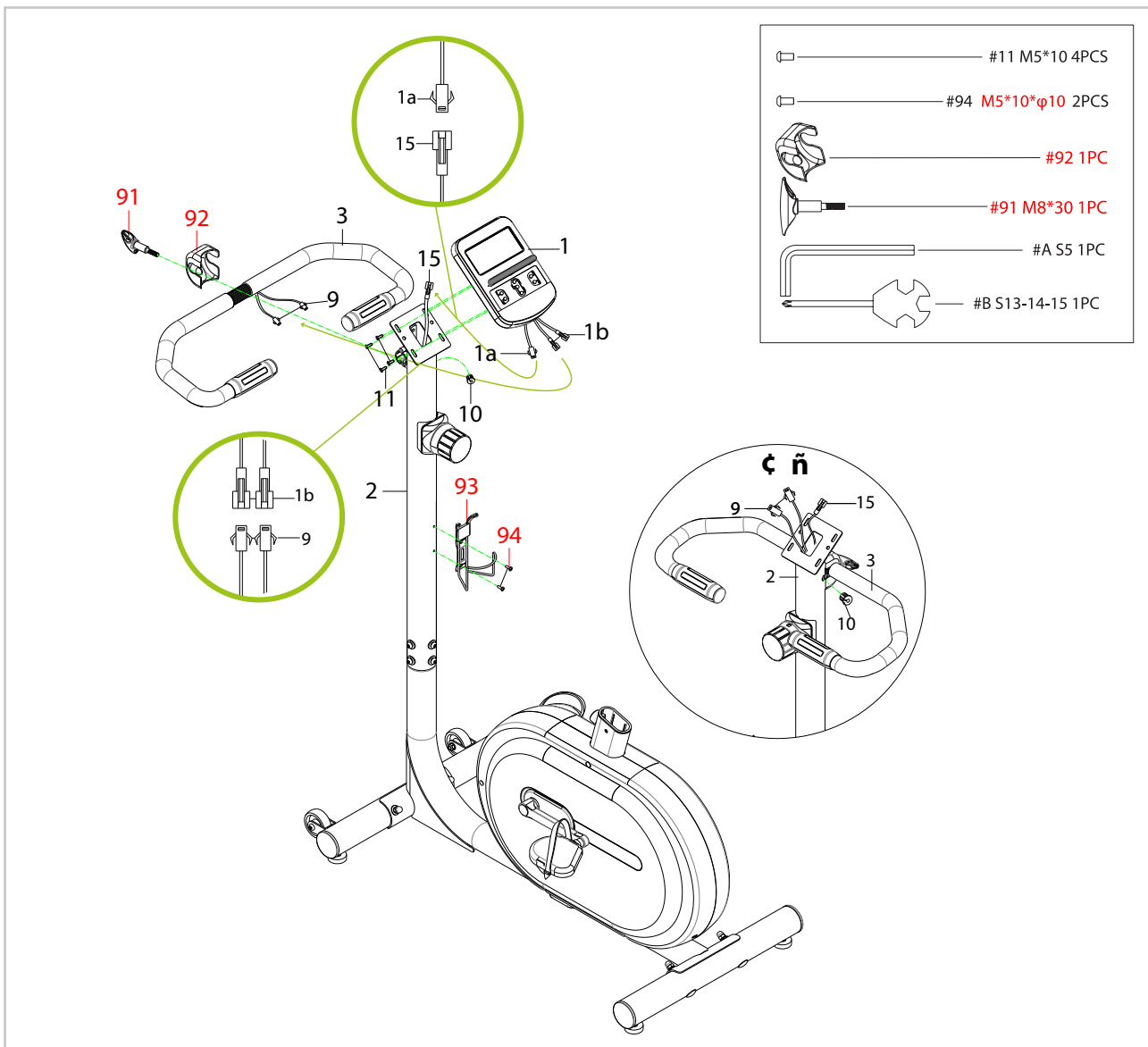


- Connect trunk wire 1(15) with trunk wire 2 (59); Connect tension knob (37) with tension lower wire (47) well.
- Insert postbar(2) into main frame(16), then secure them with bolts(12), spring washers(13) and arc washers(14).
- Secure pedal(27L/R) to crank(41L/R) by wrench (C).

**ATTENTION:** Tighten the pedals securely.

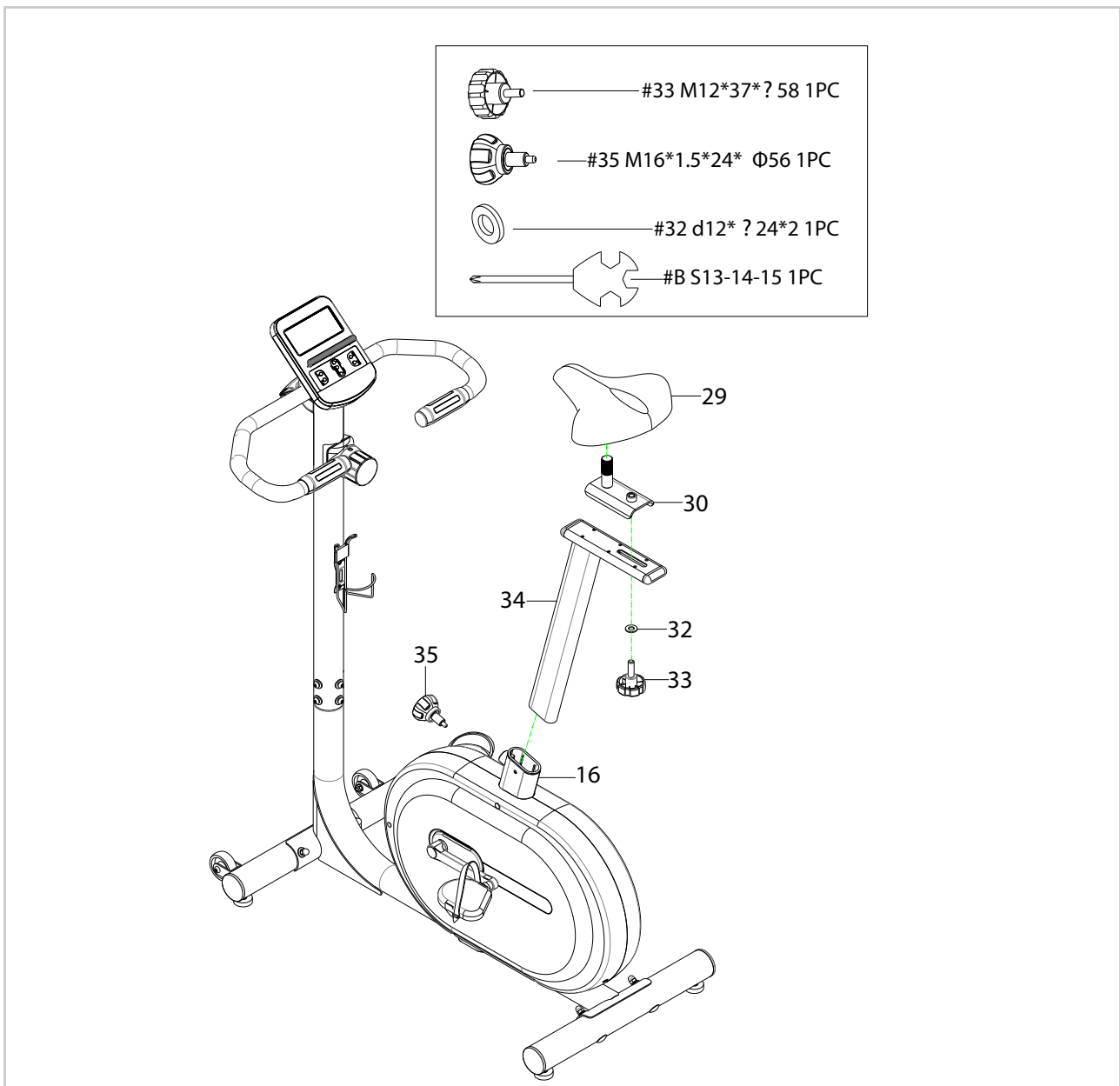


## STEP 3



- Secure handlebar(3) to postbar(2) with knob(91) and cover(92);
- Unlock screws(11) from computer(1);
- Insert handle pulse wire(9) into postbar(2), and connect with computer wire(1b); then connect trunk wire 1(15) with computer wire(1a), then cover end cap(10);
- Secure computer(1) on the postbar(2) with screws(11) by wrench(B);
- Unlock bolts(94) from postbar(2), then secure bottle holder(93) to postbar(2) with bolts(94) by wrench(B).

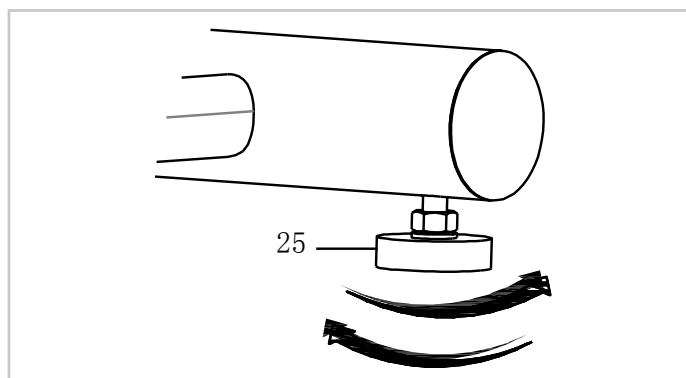
## STEP 4



- Insert saddle tube(34) into main frame(16), then secure with knob(35).
- Secure saddle plate(30) in the saddle tube(34) with knob(33) and washer(32).
- Secure saddle(29) in the saddle plate(30) by wrench(B).

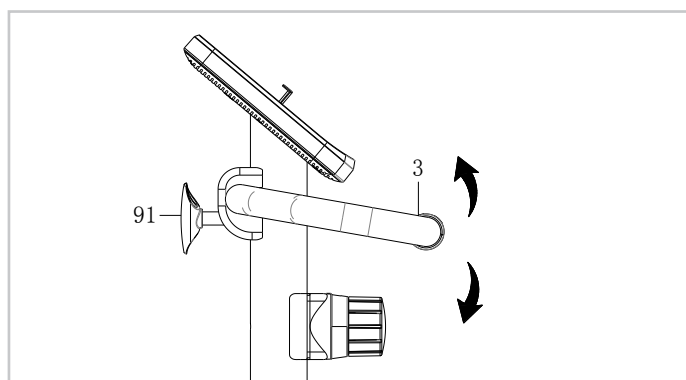
## ADJUSTING THE BALANCE

When this product is on an uneven surface, please adjust both Foot Pads (25) according to the above instruction picture.



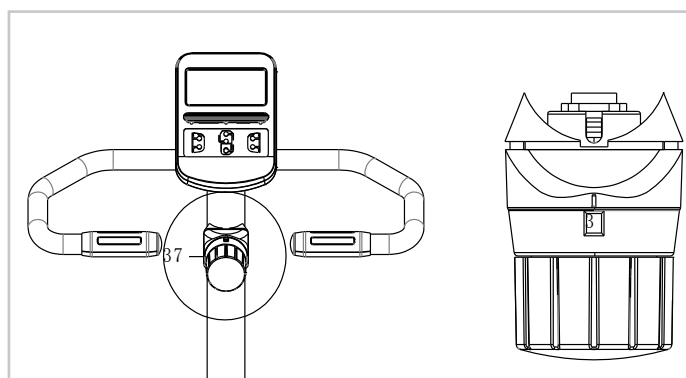
## ADJUSTING THE HANDLEBAR

Unlock the Knob(91), then adjust the angle of Handlebar(3) to a available position according to the left instruction picture.

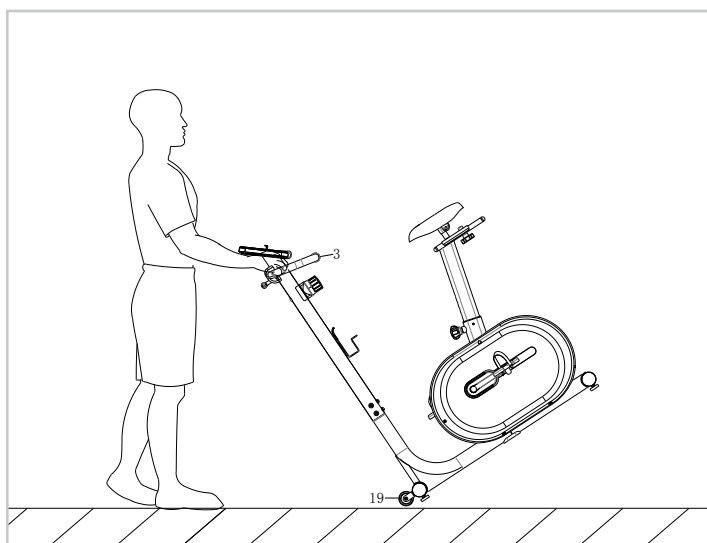


## ADJUSTING THE RESISTANCE

Rotate tension knob (37) clockwise to increase the level of resistance, rotate the tension control counter-clockwise to decrease the level of resistance. Level 1 is the lowest and level 10 is the highest.



To move the machine, push the handlerbar(3) until the transportation wheels(19) on the front bottom tube touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.



***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 hometrainer.***

## 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 if the device is free from dust and dirt.

## SEMI-ANNUAL MAINTENANCE

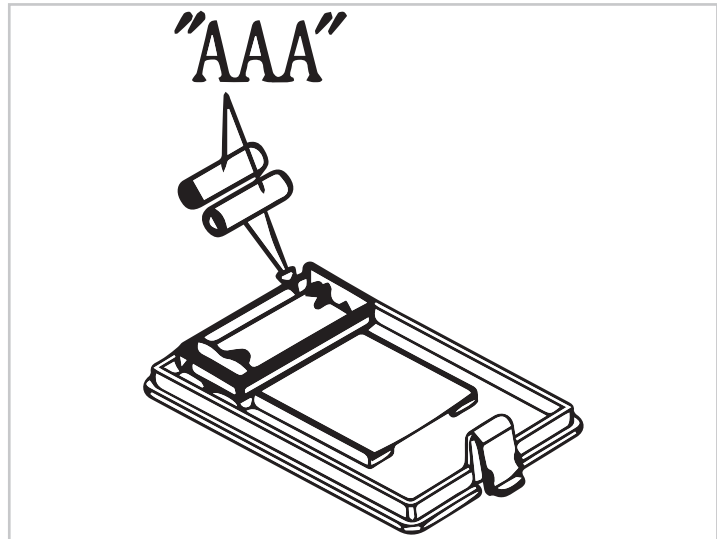
- Inspect all bolts and nuts in connection with moving parts of the device, tighten as required.
- Check the mobility of moving parts and components of the use equipment, silicone spray if necessary.

## BATTERY

**AA BATTERY**

The monitor uses on "AAA" battery. You can replace the battery through the back of the unit.

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.



## ADVICE FOR HANDLING BATTERIES

1. Remove the batteries 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 batteries.
2. Do not recharge batteries nor disassemble or throw them into fire. Danger of explosion!
3. Pay attention to the polarity (+) and (-). Always replace all the batteries; do not mix old and new batteries, or different battery types.
4. Use preferably alkaline batteries, as they have a longer operation time than usual zinc-carbon batteries.
5. A change of batteries is necessary when the display becomes weaker or completely faded.

## CHANGING THE BATTERIES

1. If you see an improper display on the monitor, please replace the batteries to have a good result.
2. Please use 2 pcs of 1.5v AAA batteries as a power supply. (See step 5).

### **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.

### **Hometrainer beeps**

Check that all bolts and nuts are tightened securely. Spray silicone spray if necessary. Also check the wheels.

## CONSOLE



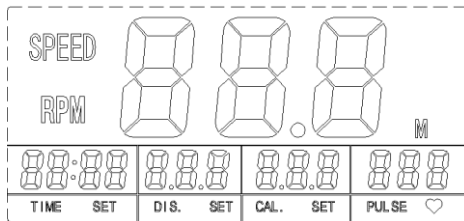
BUTTON	FUNCTION
<b>RESET</b>	Delete settings.
<b>MODE</b>	In setting With this key you can select a function. Start status: Switch screen; SPEED or RPM. Stop status: Go to settings and choose which settings must be set. mode adjusted the value of TIME - DISTANCE - CALORIE.
<b>SET</b>	Adjust the TIME, DISTANCE, CALORIE values.



## DISPLAY

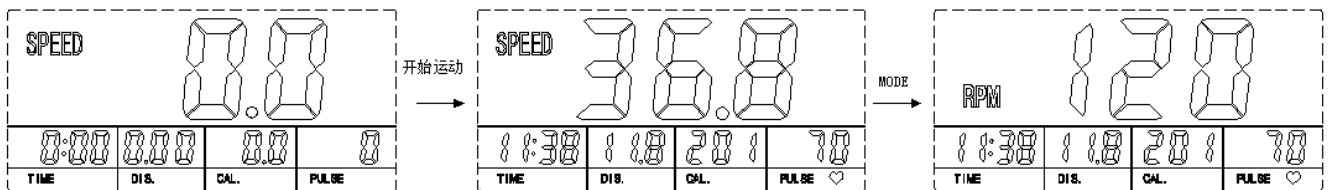
### DISPLAY INFORMATION

- Main display area SPEED/RPM;
- TIME, DISTANCE, CALORIE, PULSE display area.



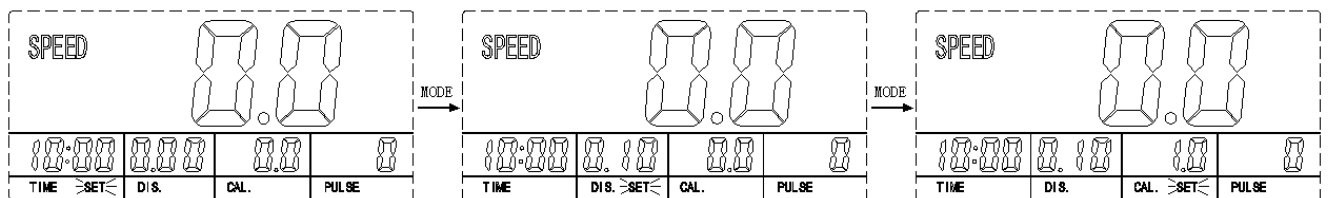
### DISPLAY INSTRUCTION

- START Status:



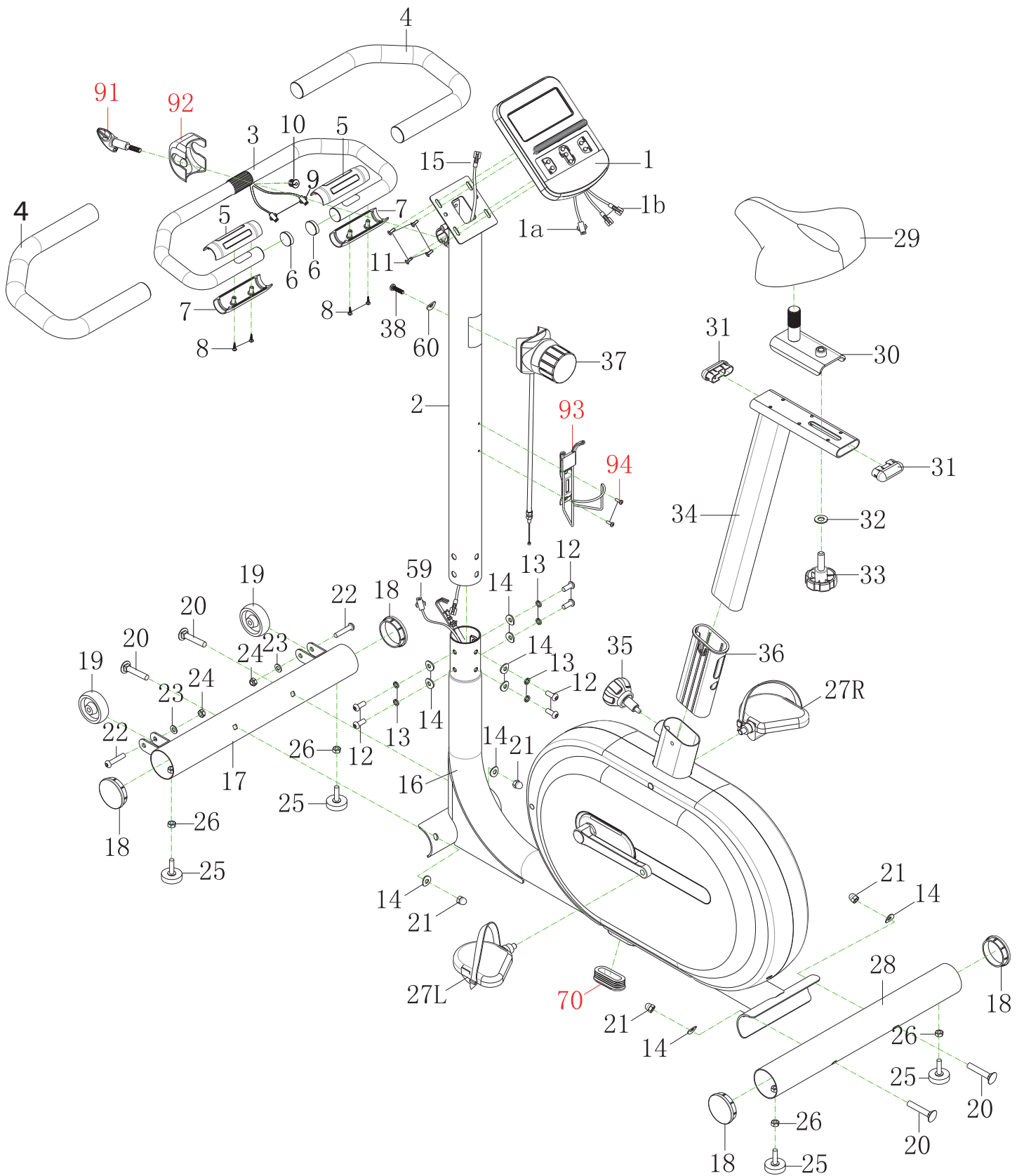
### MOTION STATUS

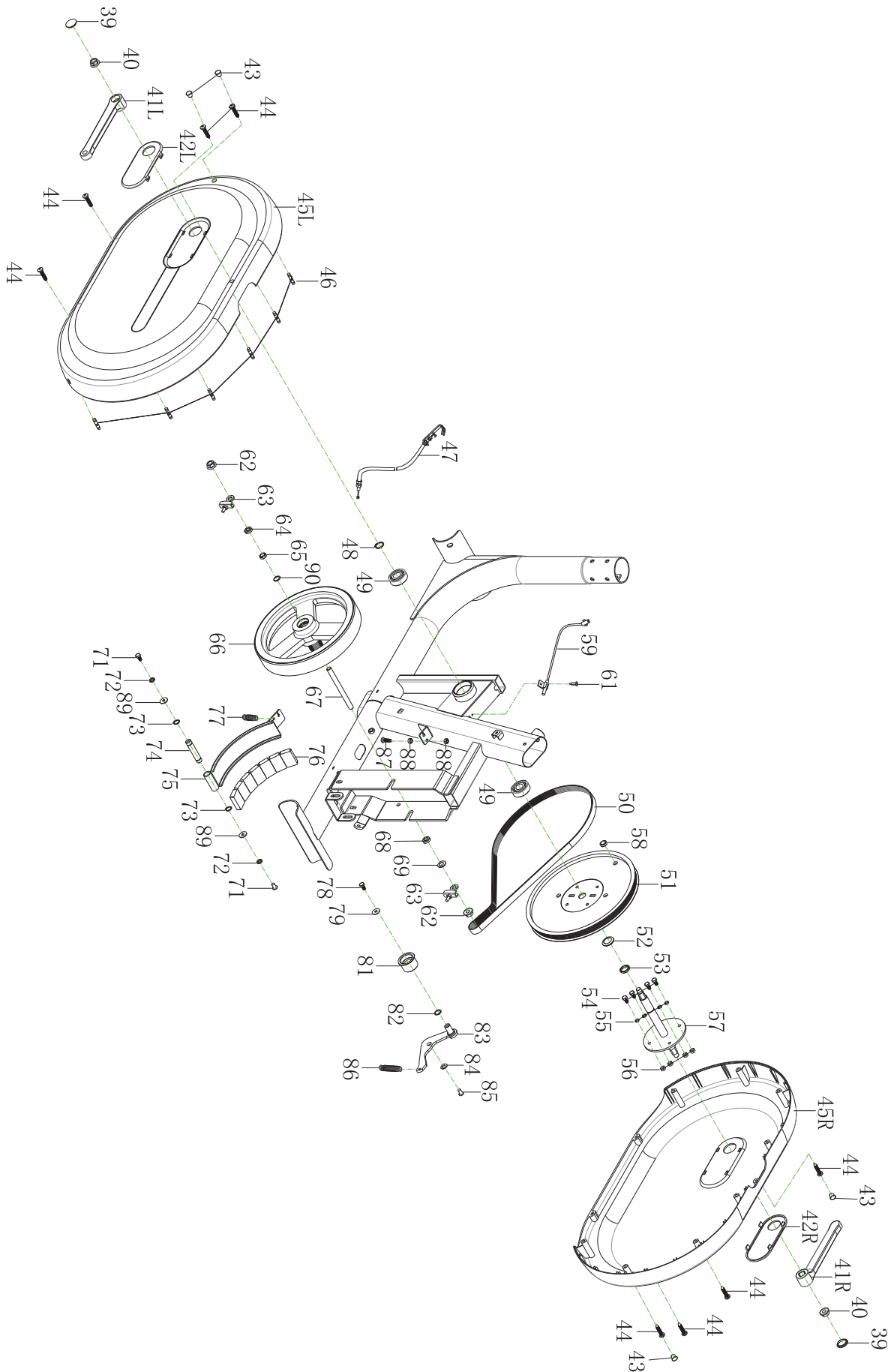
- Press MODE key to choose setting items with relevant flashing for TIME, DISTANCE, CALORIE;
- Press SET key to adjusted.
- If any of these are setting The corresponding value will be inverted in motion status When any of setting value count to 0, the motion will be "DI DI" Voice Prompt.



### WIRELESS PULSE (OPTIONAL)

- Supports the standard 5.3Khz wearing heart rate detector.





#	DESCRIPTION	QTY
1	Computer	1
2	Postbar	1
3	Handlebar	1
4	Grip foam $\Phi 23*3*580$	2
5	Handle pluse plate 1	2
6	Round cap	2
7	Handle pluse plate 2	2
8	Screw ST3.5*25* $\Phi 7$	4
9	Handle pulse Wire	1
10	End cap $\Phi 12*11*\Phi 3$	2
11	Bolt	4
12	Bolt M8*20*S5	6
13	Spring washer D8	6
14	Arc washer d8* $\Phi 20$	10
15	Trunk wire	1
16	Main Frame	1
17	Front bottom tube	1
18	End cap $\Phi 60.5$	4
19	Transportation Wheen	2
20	Bolt M8*73	4
21	Cap Nut	4
22	Bolt	2
23	Washer d8* $\Phi 16*1.5$	2
24	Nylon nut M8*H7.5*S13	3
25	Adjustable footpad $\phi 52*18$	4
26	Nut M8*H5.5*S14	4
27	Pedal (L/R)	2
28	Rear bottom tube	1
28	Saddle	1
30	Saddle plate	1

#	DESCRIPTION	QTY
31	End cap PT60*20	2
32	Washer D12	1
33	Knob M12	1
34	Saddle tube	1
35	Knob M16	1
36	Bushing	1
37	Tension Knob	1
38	Bolt M5*40	1
39	Small cover $\Phi 25*7$	2
40	Nut M10x1.25	2
41	Crank (L/R)	2
42	Crank cover (L/R)	2
43	End cap	4
44	Screw ST4.2*14	8
45	Chain cover (L/R)	2
46	Plastic column	6
47	Tension lower wire	1
48	Washer D17	1
49	Bearing 6203	2
50	Belt 6PJ430	1
51	Belt plate $\Phi 260$	1
52	Wave washer D17	1
53	Spacer $\Phi 22*\Phi 18*4$	1
54	Bolt M6*16	4
55	Spring washer D6	4
56	Nylon nut M6	4
57	Shaft	1
58	Round magnet	1
59	Sensor	1
60	Arc washer d5* $\phi 20*1.2*R30$	1

#	DESCRIPTION	QTY
61	Screw ST4.2*16	1
62	Nut M10*1	2
63	Chain screw	2
64	Nut M10*1*H5	1
65	Spacer $\Phi 15*\Phi 10.2$	1
66	Flywheel	1
67	Axle	1
68	Nut M10*1*H5	1
69	Washer D10*20*2.0	1
70	End cap	1
71	Bolt M6*16	2
72	Spring washer D6	2
73	Washer D12	2
74	Magnetic plate axle	1
75	Magnetic plate	1
76	Square magnet	7
77	Spring $\Phi 1.6*\Phi 14.5*61*N20$	1
78	Bolt M6*10	1
79	Washer D6* $\Phi 16$	1
81	Idler $\Phi 39*24$	1
82	Wave washer D12	1
83	Idler rod	1
84	Washer D12* $\phi 17*0.5$	1
85	Bolt M8*12	1
86	Spring $\Phi 2.0*\Phi 12.2*62*N20$	1
87	N/A	-
88	Bolt M6*45	1
89	Nut M6*H5	2
90	Washer D6	2
91	Knob M8*30	1

#	DESCRIPTION	QTY
92	Cover	1
93	Bottle holder	1
94	Bolt M5*10 $\phi 10$	2
A	Spanner S5	1
B	Wrench S13-14-15	1
C	Wrench S13 - 15	1

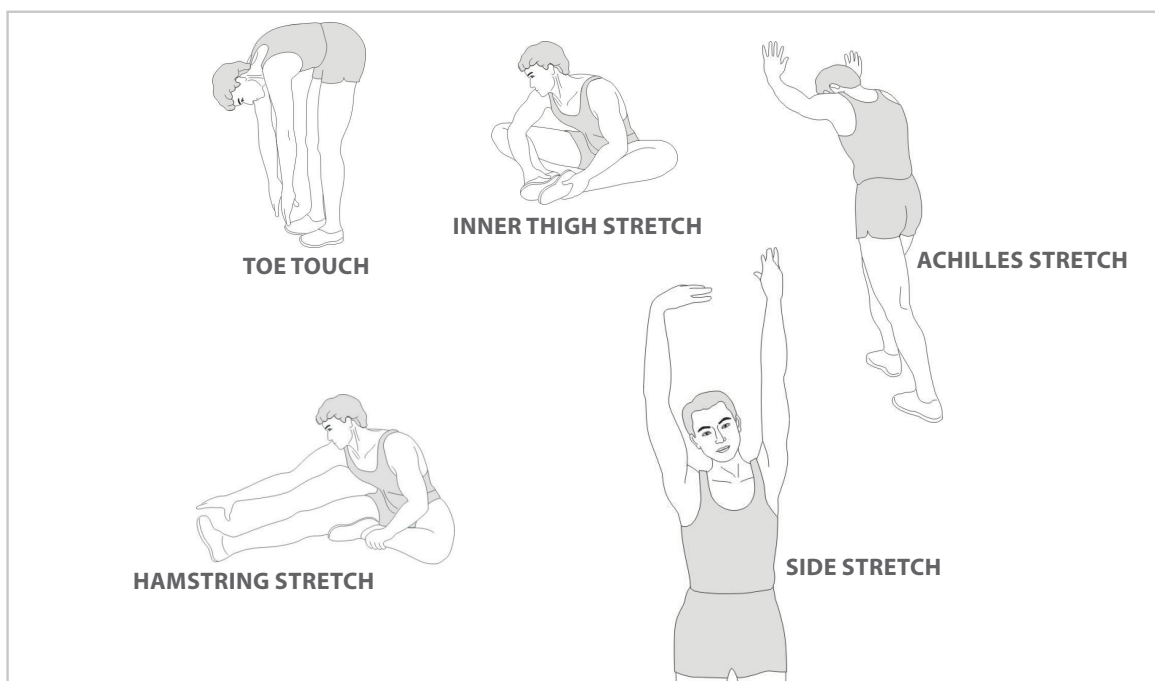
***A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.***

## 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.*