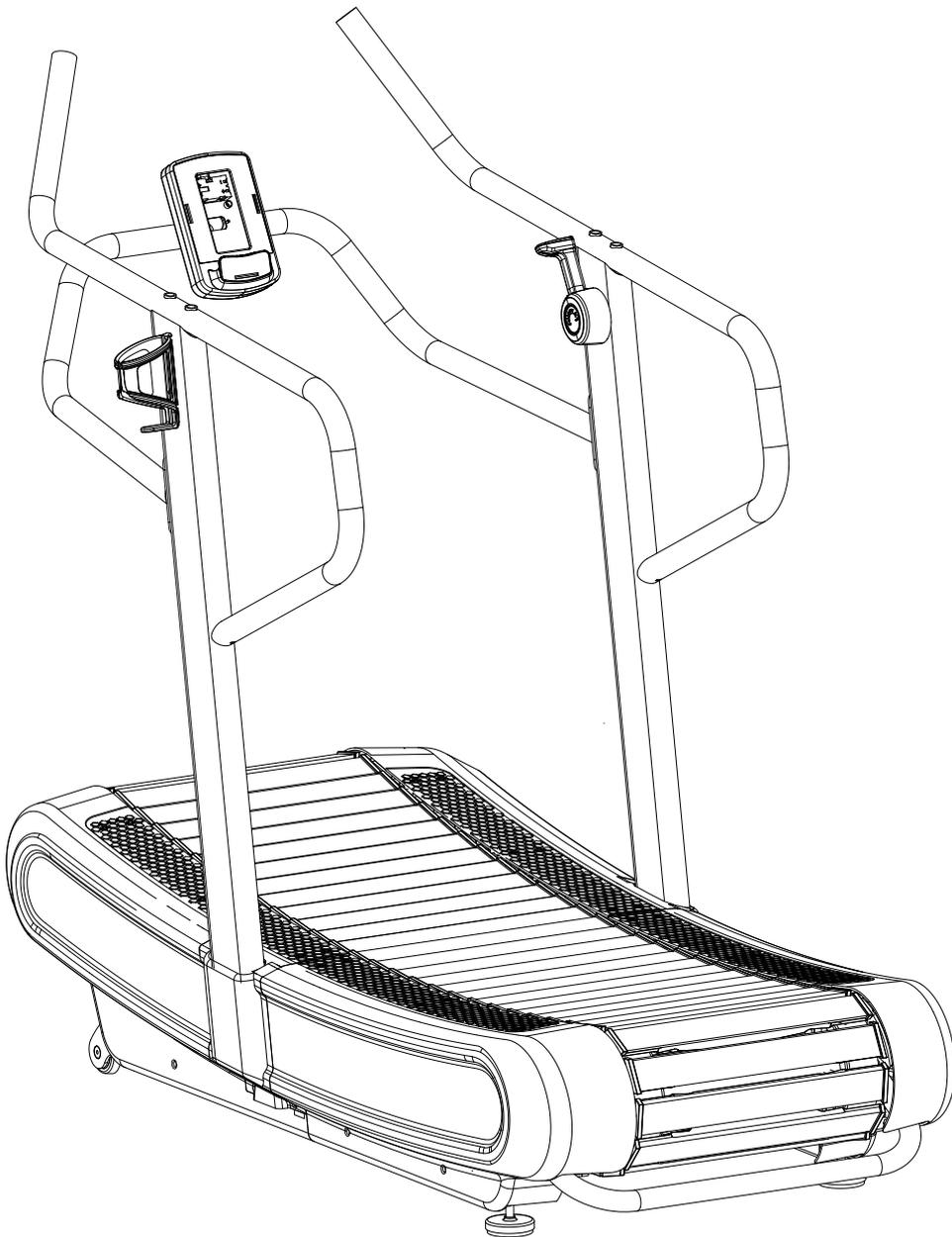


virtu^{fit}

Pro Elite HiIT Running 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 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 160 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:

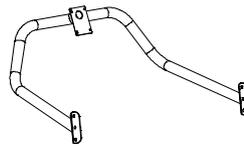
- Maintenance assembly and repair work not carried out by an official dealer.
- In the event of improper use, neglect and / or poor maintenance.
- Failure to maintain the fitness equipment in accordance with the manufacturer's instructions (see the enclosed manual).

TOOLKIT

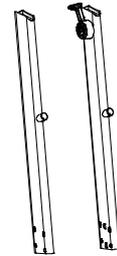
When you open the carton, and you will find the below parts in the carton:



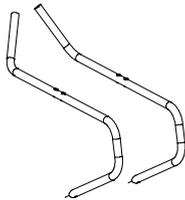
Main body



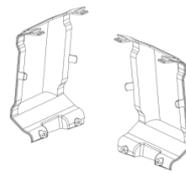
Console frame



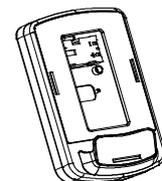
Upright post



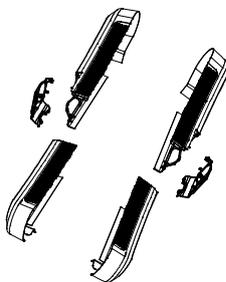
Hand rail left + right



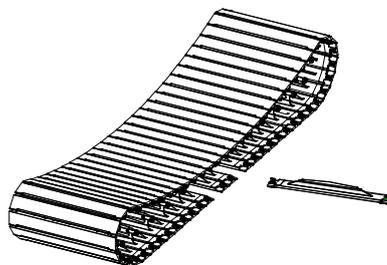
Upright post cover



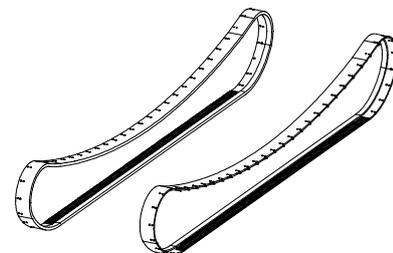
Console



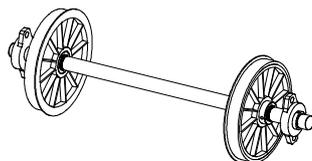
Plastic cover



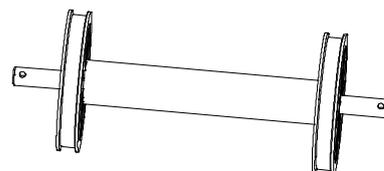
Running belt



**Aluminium slat
fixing belt**

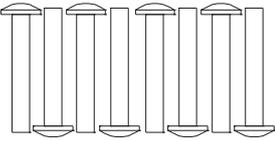
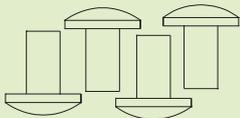
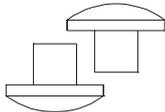
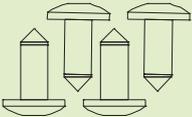
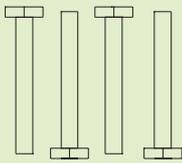
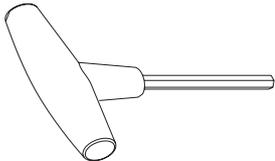
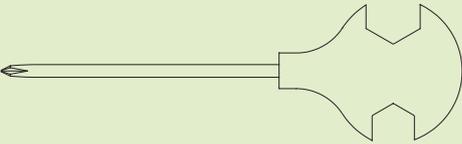
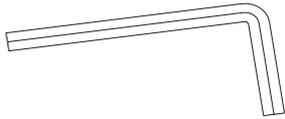


Front roller



Rear roller

TOOLKIT

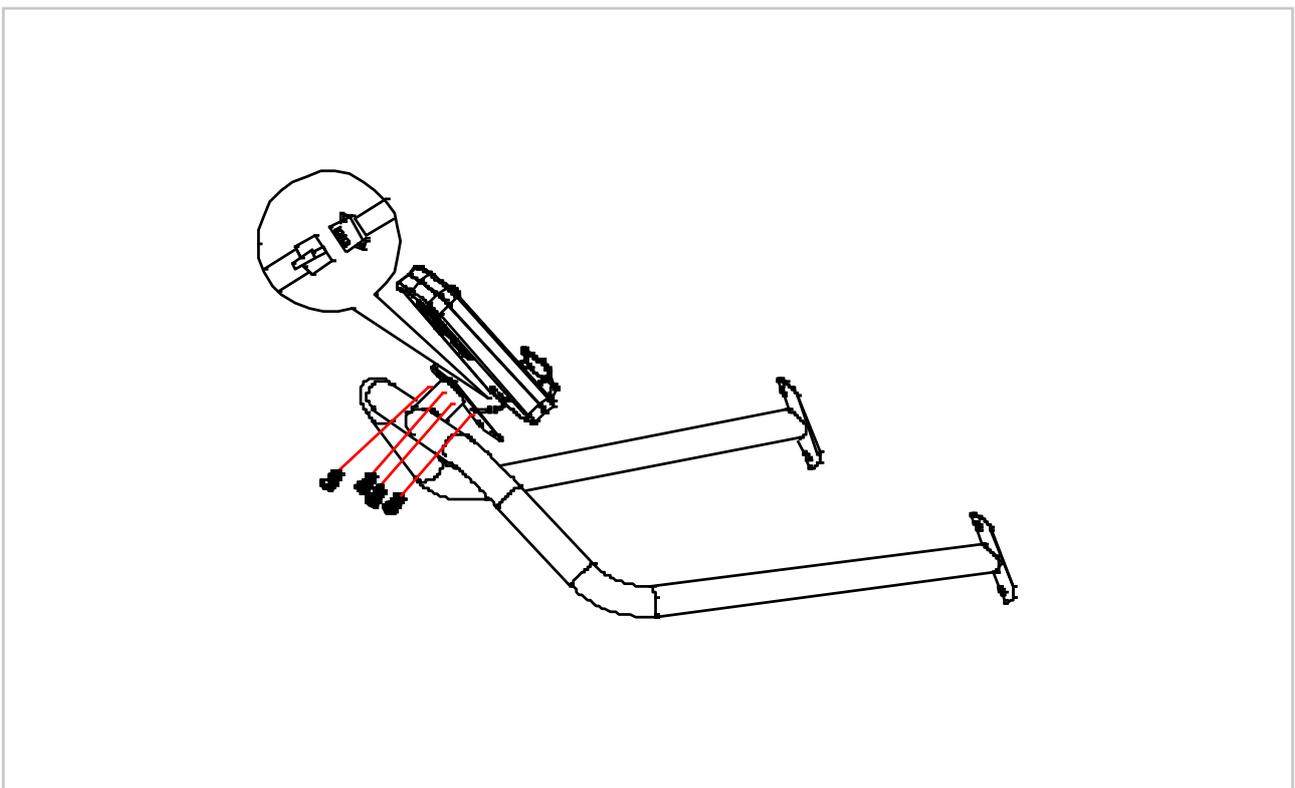
NUMBER	DESCRIPTION	SHAPE	QTY
78	Allen head C.K.S half thread bolt M8*55*20		8
79	Allen head C.K.S full thread bolt M8*25		4
66	Allen head C.K.S full thread bolt M8*15		2
97	Phillip head C.K.S. self-tapping screw ST4*16		4
101	Hexagon socket head full thread bolt M8*45		4
-	T-shape wrench 6*80		-
-	Cross open wrench 14*17*75		-
-	L-shape wrench 6*35*80		-

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

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.

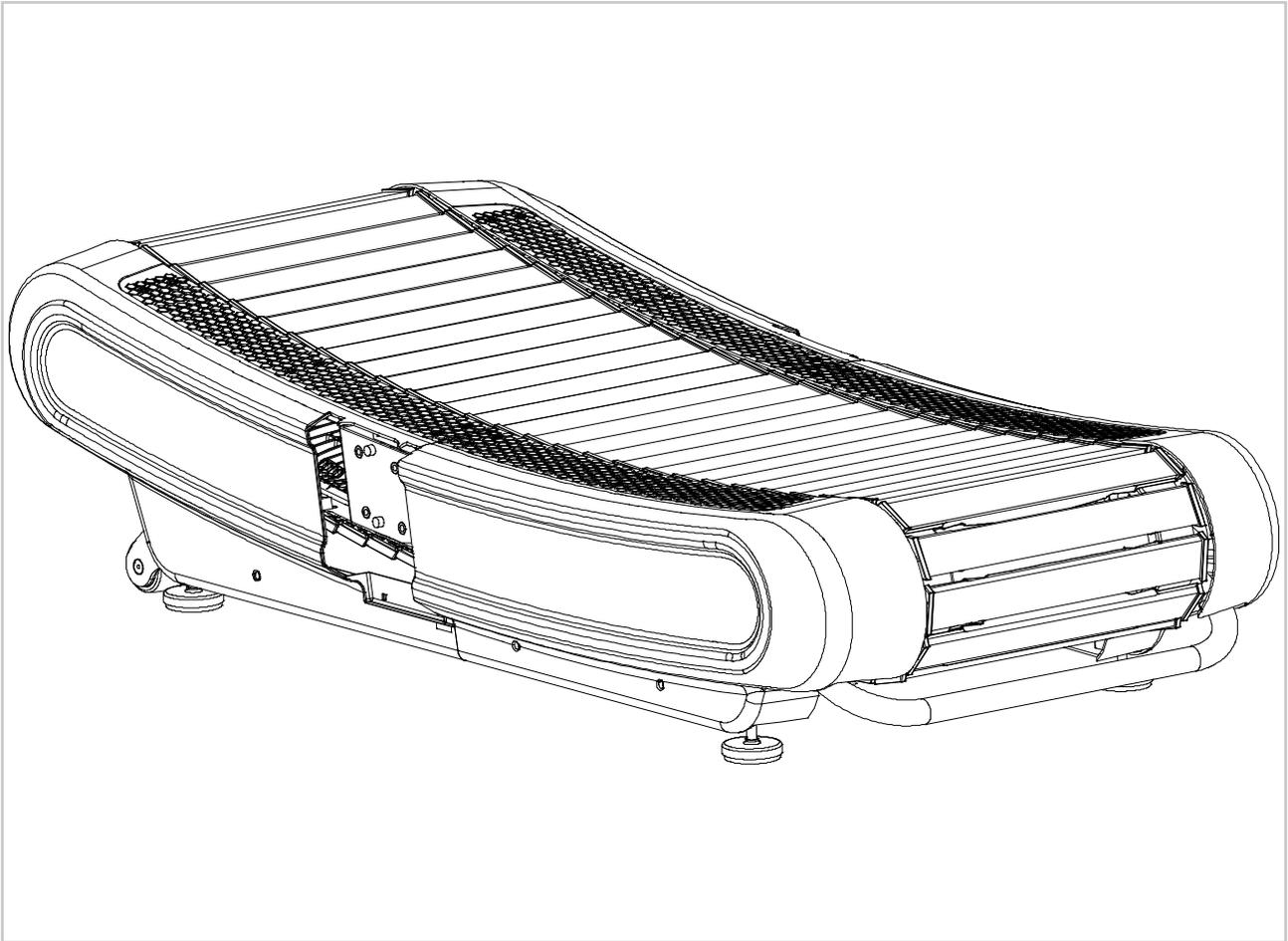
Socket screws: The rowing machine contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



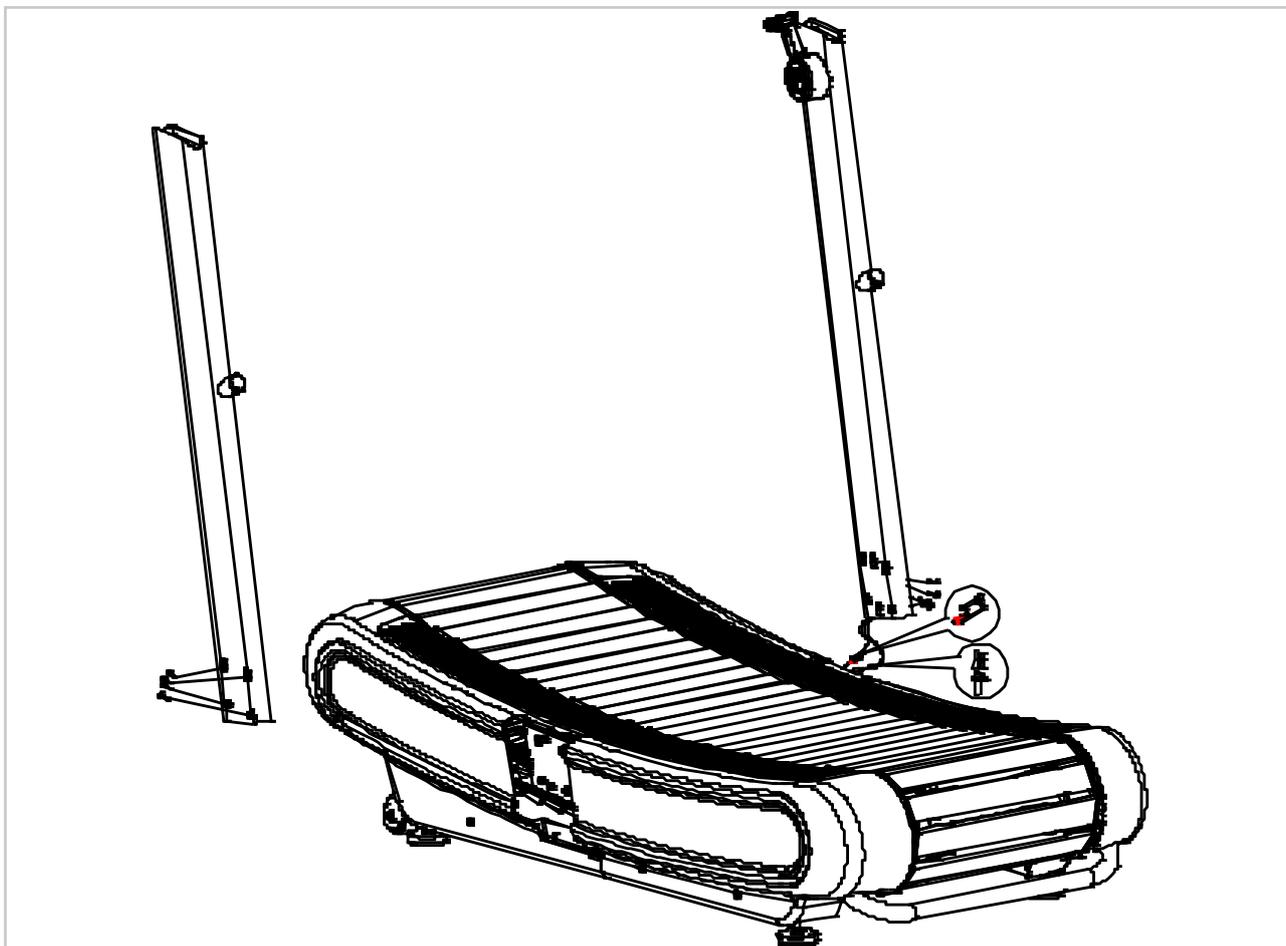
- Take out the console frame and console from the carton, connect the connect cable, then fix them with 4 pcs of M5X10 screws.

STEP 2



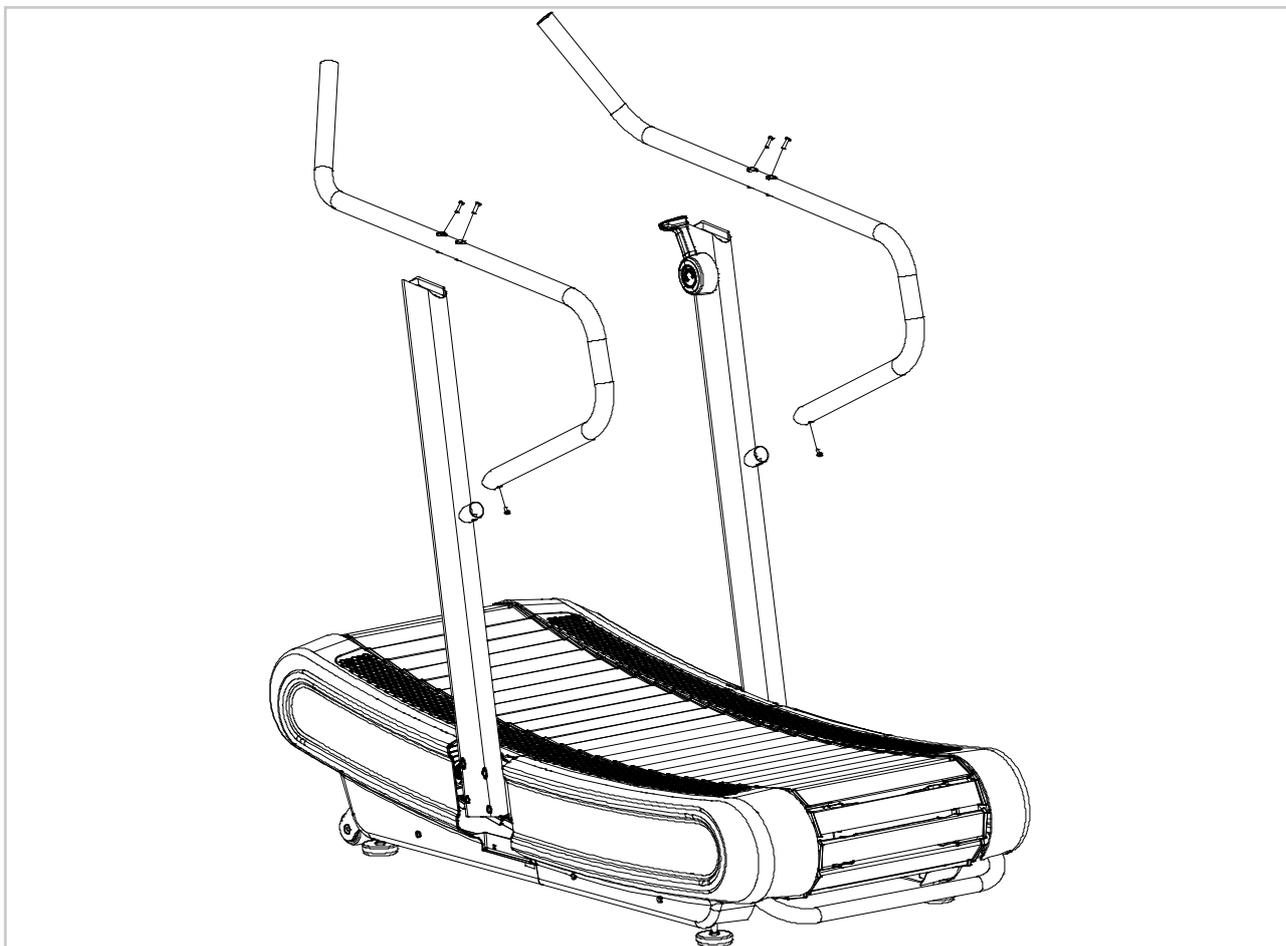
- Take out the main body from the carton.

STEP 3



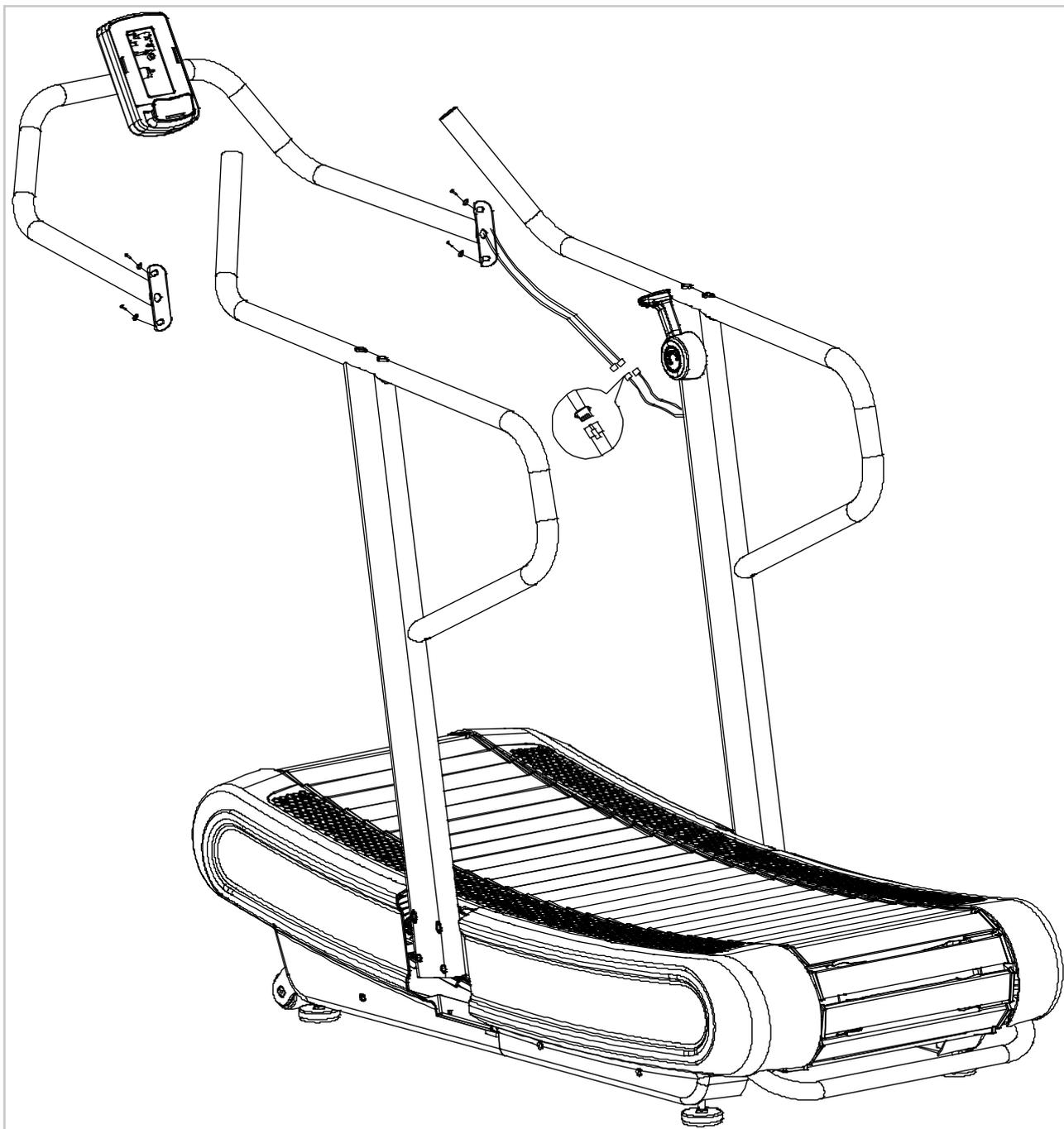
- Connect the right side upright post connecting wires, insert the redundant wire into the upright post, put the right side upright post on the bracket, then fix it with 4 pcs M8×55×20 screws.
- Same assembly step on the left side upright post. No need to connect wires.

STEP 4



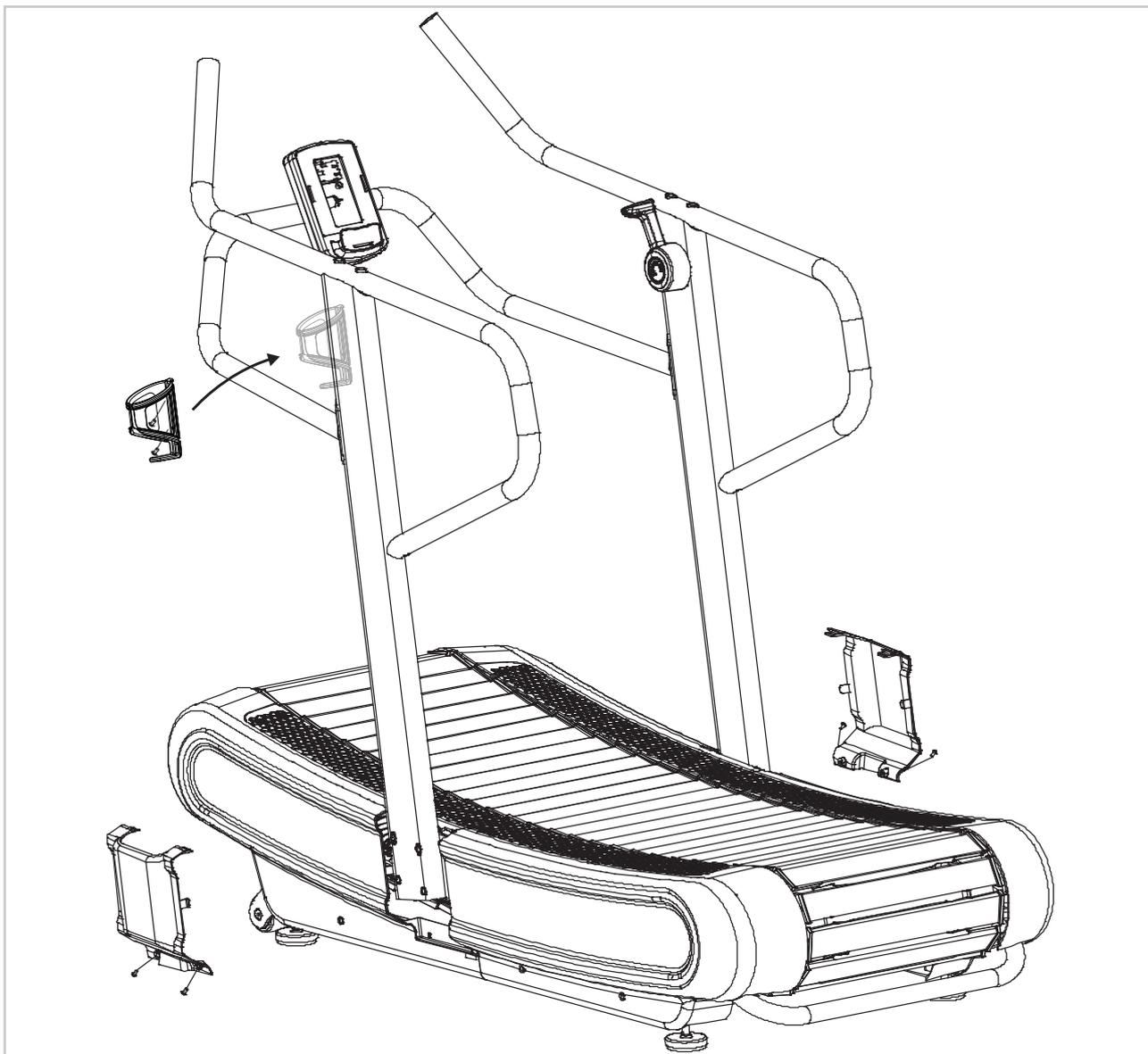
- Attached the right hand rail to the right upright post, then fix the upper holes with 2 pcs M8*45 screws.
- Fix the bottom hole with 1 pcs M8*15 screw, then fasten all the screws.
- Same assembling step on the left side.

STEP 5



- Connect the wires from right side upright post and console frame, then fix them with 4 pcs M8*25 screws.

STEP 6



- Fix the upright post cover with 4 pcs ST4*15 screws.
- Attach the bottle cage on the left side with 2 screws (see image).

Cleaning: General cleaning of the device will extend the life of the treadmill. Keep the treadmill clean by regularly dusting. Be sure to clean the exposed part of the belt and the foot rails of the treadmill on both sides. In addition, wear clean shoes to reduce the chance of the treadmill becoming dirty.

We recommend that you do the following:

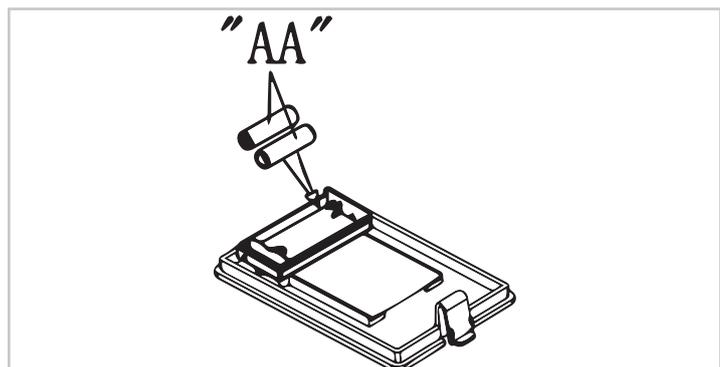
1. Clean the treadmill after use.
2. Use a dry cloth to clean the control panel and areas around the console. Use a soft clean cloth and detergent to remove stubborn stains and dirt from the treadmill to delete.
3. Check the treadmill screws once a month.
4. Keep your treadmill in a safe, dry place away from heat and water.

Regular cleaning extends the life of your treadmill and prevents injury!

BATTERY

AA BATTERY

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



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 2pcs of 1.5v AA batteries as a power supply.

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.

CONSOLE



BUTTON	FUNCTION
UP▲ / DOWN▼	Adjust function value up and down.
ENTER	Confirm setting or selection.
START	Start workout quickly resume workout in Stop mode.
STOP	To stop/pause workout. Hold on this key for 2 seconds to reboot the console.
INTERVAL	Here are 3 programs: INTERVAL 10/20, INTERVAL 20/10, CUSTOM INTERVAL.
DISTANCE	Fast acces to Target Distance training mode.
CALORIES	Fast acces to Target Calories training mode.
HEART RATE	Fast acces to Target Heart Rate training mode.
TIME	Fast acces to Target Time training mode.

FUNCTION

BUTTON	EXPLANATION
TIME	Display user workout time.
DISTANCE	Display user workout distance.
CALORIES	Display calories consumption during workout.
PULSE	Display user Heart Rate during workout. Display range 30 ~230
WATT	Display the power consumption during training.
SPEED	Display currunt training speed.
PACE	Set the time to reach the target distance.
LOAD	Display LOAD resistance value for each level in WATT window when adjust LOAD resistance. Display range L1 ~ L4.

OPERATION

POWER ON

- When POWER ON, LCD will full display 1 second (FIG 1) with long beep sound, then enter into display standby mode (FIG 2), the pictures will be displayed from top ICON to bottom in sequence. Press STOP button for 2 seconds, then enter into standby mode.
- If no input of key operation or RPM signal input in 4 Min, LCD will go to Sleeping mode (FIG 3).



FIG 1

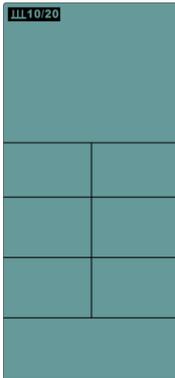


FIG 2

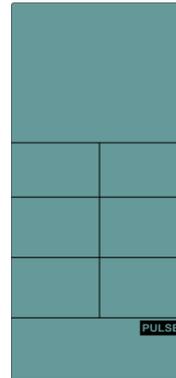
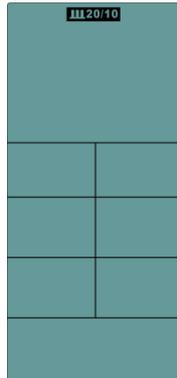


FIG 3

BREAK MODE

When START, press "START" button one time, enter into Break mode with buzzer sound 0.5s by every 30s. Computer still display all functions ,but LCD windows display "P". Buzzer will sound for 1s and enter into stand by mode after broke with 5 Min, then press "START" to continue (FIG 4).

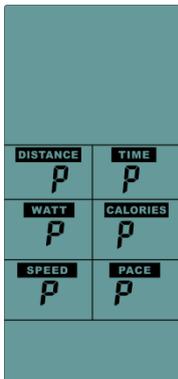


FIG 4

STOP MODE

Press "STOP" button with buzzer sound 0.5s, enter into Stop mode. All the LCD windows no display, but after 0.5s LCD will display TIME, DIST, CAL(display KM or ML according to the setting).After 7s with buzzer sound 0.25s, LCD display MAX ICON, WATTS,SPEED ,PULSE,also after keep shows 7s with buzzer sound 0.25s, LCD display AVE ICON WATTS , SPEED ,PACE, after keep shows 7s without display any data at the moment, then re-show the data two times and enter into stand by mode (FIG 5).

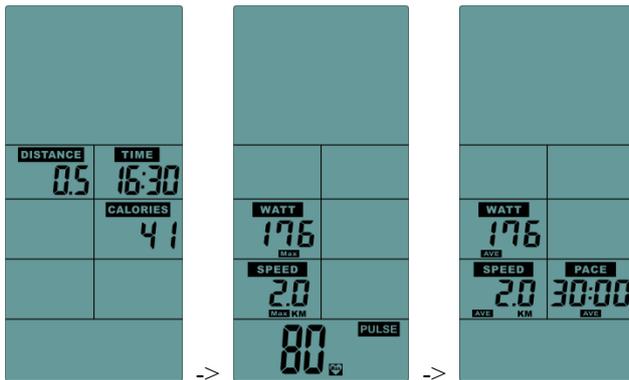


FIG 5

QUICK START

1. In stand by mode , with single RPM>20 input, quick press “START”, buzzer sound 0.5s, then TIME - CALORIES - DISTANCE - WATTS - SPEED - PACE shining in sequence, the value will count up according to the operation.
2. “PULSE” ICON is lighten, if any heart single input the “PULSE” ICON is flashing with current value, if no heart single input LCD display “P”.
3. If without any single input in 5Min, the buzzer rings for 0.5s and computer will back to stand by mode.
4. If did not complete the setting in 30 seconds, the buzzer sounded for 0.5 seconds and back to standby mode.
5. Press the “START” button once, enter into the break mode, and press “START” to continue running.
6. Press the “STOP” button to sound the buzzer for 0.5 seconds and enter into the stop mode.
7. If the result of movement is displayed, press “STOP” button to leave and return to standby mode.
8. When adjust the adjustment button, it will display the LOAD resistance for each segment in WATT window.



FIG 6

INTERVAL10/20

1. Press” INTERVAL10/20” button ,enter to this mode , LCD display **1110/20** , with buzzer beeps 0.5s.
2. If did not input in 30s when setting, computer will back to standby mode.

- The "READY" ICON counts down from 3s to 0s, meanwhile with a short buzzer beep (FIG 7), LCD display "01/XX" ("01" is flashing). The "WORK" ICON is flashing one time every 1s with buzzer sounds (shining 0.75s/ put out 0.25s), "TIME" ICON counts down from 10s to 0s, DISTANCE - CALORIES - WATTS - SPEED - RPM count up according the operation (FIG 8).
- After Work 10s, LCD window display "01/08" ("01" is flashing), "REST" ICON is keep flashing, the buzzer rings for 0.25s per 1s, TIME start to count down from 20s to 0s.
- Work & REST display in cycle, cycle count increase 1 every time till reach to 08/08 (total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time).
- When the last REST is reached, this mode is stop directly.
- If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- Press the "START" button once, enter into the break mode, and press "START" to continue running.
- Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
- If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

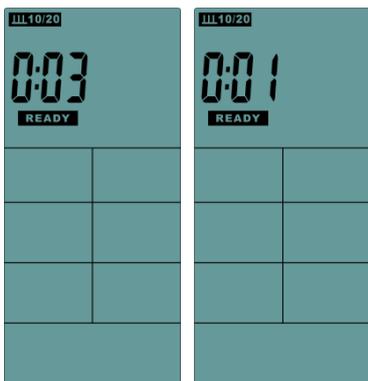


FIG 7

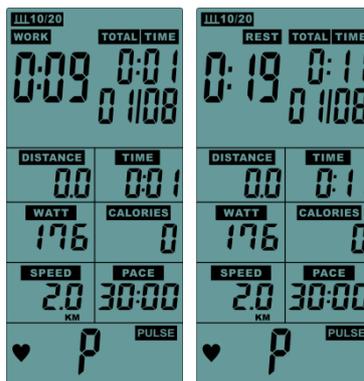


FIG 8

INTERVAL 20/10

- Press "INTERVAL 20/10" button, enter to this mode, LCD display **III 20/10**, with buzzer beeps 0.5s.
- If did not input in 30s when setting, computer will back to standby mode.
- The "READY" ICON counts down from 3s to 0s, meanwhile with a short buzzer beep (FIG 7), LCD display "01/XX" ("01" is flashing). The "WORK" ICON is flashing one time every 1s with buzzer sounds (shining 0.75s/ put out 0.25s), "TIME" ICON counts down from 10s to 0s, DISTANCE - CALORIES - WATTS - SPEED - RPM count up according the operation (FIG 10).
- After Work 10s, LCD window display "01/08" ("01" is flashing), "REST" ICON is keep flashing, the buzzer rings for 0.25 seconds per second, TIME start to count down from 20s to 0s.
- Work & REST display in cycle, cycle count increase 1 every time till reach to 08/08 (total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode (the average value of the sports results is only calculated within the Work time).
- When the last REST is reached, this mode is stop directly.
- If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

8. Press the "START" button once, enter into the break mode, and press "START" to continue running.
9. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
10. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

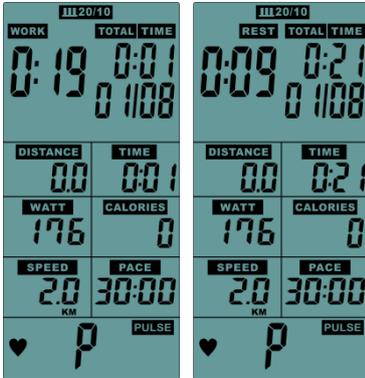


FIG 10

INTERVAL CUSTOM

1. Press "INTERVAL CUSTOM" button, enter to this mode, LCD display **III Custom**, with buzzer beeps 0.5s.
2. LCD display the presetting value 01, press "UP - DOWN" button to setting (setting range 01~20), it is non-recyclable (FIG 14).
3. Press "ENTER" confirmed, "WORK" ICON is flashing, LCD window "TOTAL TIME" display the presetting value 0:30. Press "UP - DOWN" button to setting (setting range: 0:05~30:00), it is non-recyclable (FIG 15).
4. Press "ENTER" confirmed, "REST" ICON is flashing, LCD window "TOTAL TIME" display the presetting value 0:20. Press "UP - DOWN" button to setting (setting range: 0:05~30:00), it is non-recyclable (FIG 16).
5. Press "ENTER" confirmed, meanwhile with a short buzzer rings 0.5s, LCD display "01/XX" ("01" is flashing). The "WORK" ICON is flashing one time every 1s with buzzer sounds (shining 0.75s/ put out 0.25s); "TIME" ICON counts down from the setting value, DISTANCE - CALORIES - WATTS - SPEED - PACE count up according the operation.
6. There is set RSET time, matrix displays 01/XX (part 01 is flashing), "REST" ICON keep flashing, The buzzer rings for 0.25s every second.
7. "Work" & "REST" display in cycle, cycle count increase 1 every time till reach to 08/08 (total cycle counts times). Buzzer rings 0.5s enter to stop mode (the average value of the sports results is only calculated within the Work time).
8. When the last REST is reached, this mode is stop directly.
9. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
10. Press the "START" button once, enter into the break mode, and press "START" to continue running.
11. Press the "STOP" button to sound the buzzer for 0.5 seconds and enter into the stop mode.
12. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

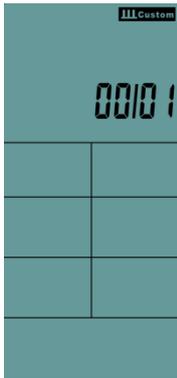


FIG 14

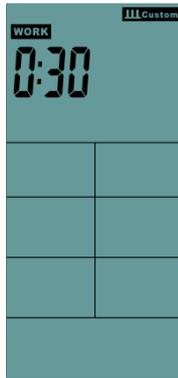


FIG 15

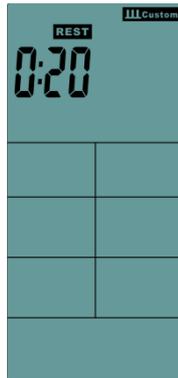


FIG 16

TARGET TIME

1. Press "TARGET TIME" button ,enter to this mode , LCD flashing display TARGET& TIME.
2. LCD "TIME" window display the presetting value 1:00 or the last setting value.press "UP - DOWN" button to setting (setting range 1:00~1:59:00), it is non-recyclable .
3. After setting, press "ENTER" confirmed , TARGET & TIME ICON continue to flashing ,meanwhile start to count down form setting value.
4. Press the "START" button once, enter into the break mode, and press "START" to continue running.
5. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
6. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
7. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
8. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



TARGET TIME

TARGET CALORIES

1. Press "TARGET CALORIE" button ,enter to this mode , LCD flashing display TARGET& CALORIE.
2. LCD "CALORIE" window display the presetting value 2:00 or the last setting value.press "UP - DOWN" button to setting (setting range 1~2000), it is non-recyclable.
3. After setting, press "ENTER" confirmed, TARGET & CALORIE ICON continue to flashing, meanwhile start to count down form the setting value.
4. Press the "START" button once, enter into the break mode, and press "START" to continue running.

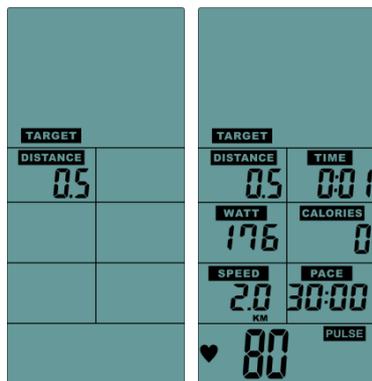
5. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
6. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
7. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
8. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



TARGET CALORIES

TARGET DISTANCE

1. Press "TARGET DISTANCE" button ,enter to this mode, LCD flashing display TARGET& DISTANCE.
2. LCD "DISTANCE" window display the presetting value 0.5KM/0.5Miles or the last setting value. Press "UP - DOWN"button to setting (setting range0.5~100), it is non-recyclable.
3. After setting, press" ENTER" confirmed, TARGET&DISTANNCE continue to flashing ,meanwhile start to count down form the setting value.
4. Press the "START "button once, enter into the break mode, and press "START" to continue running.
5. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
6. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
7. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
8. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

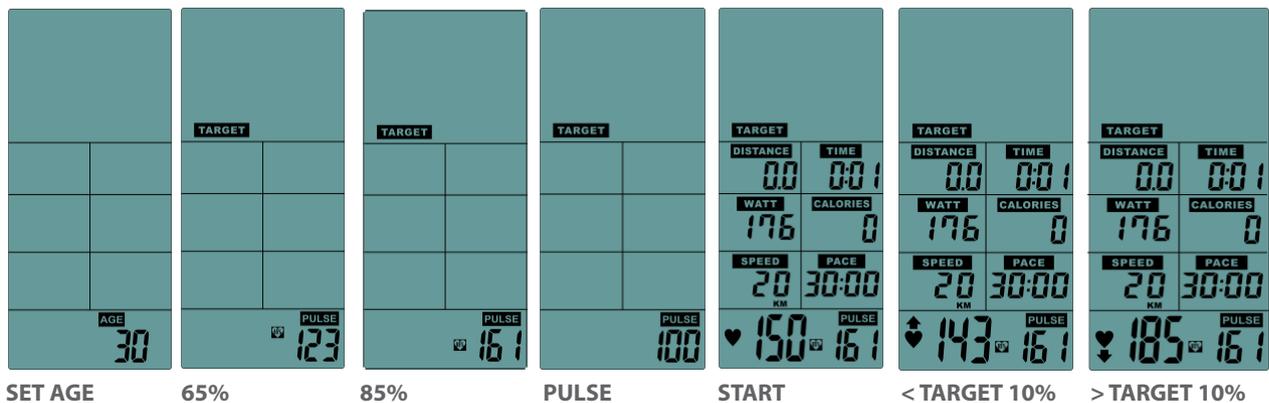


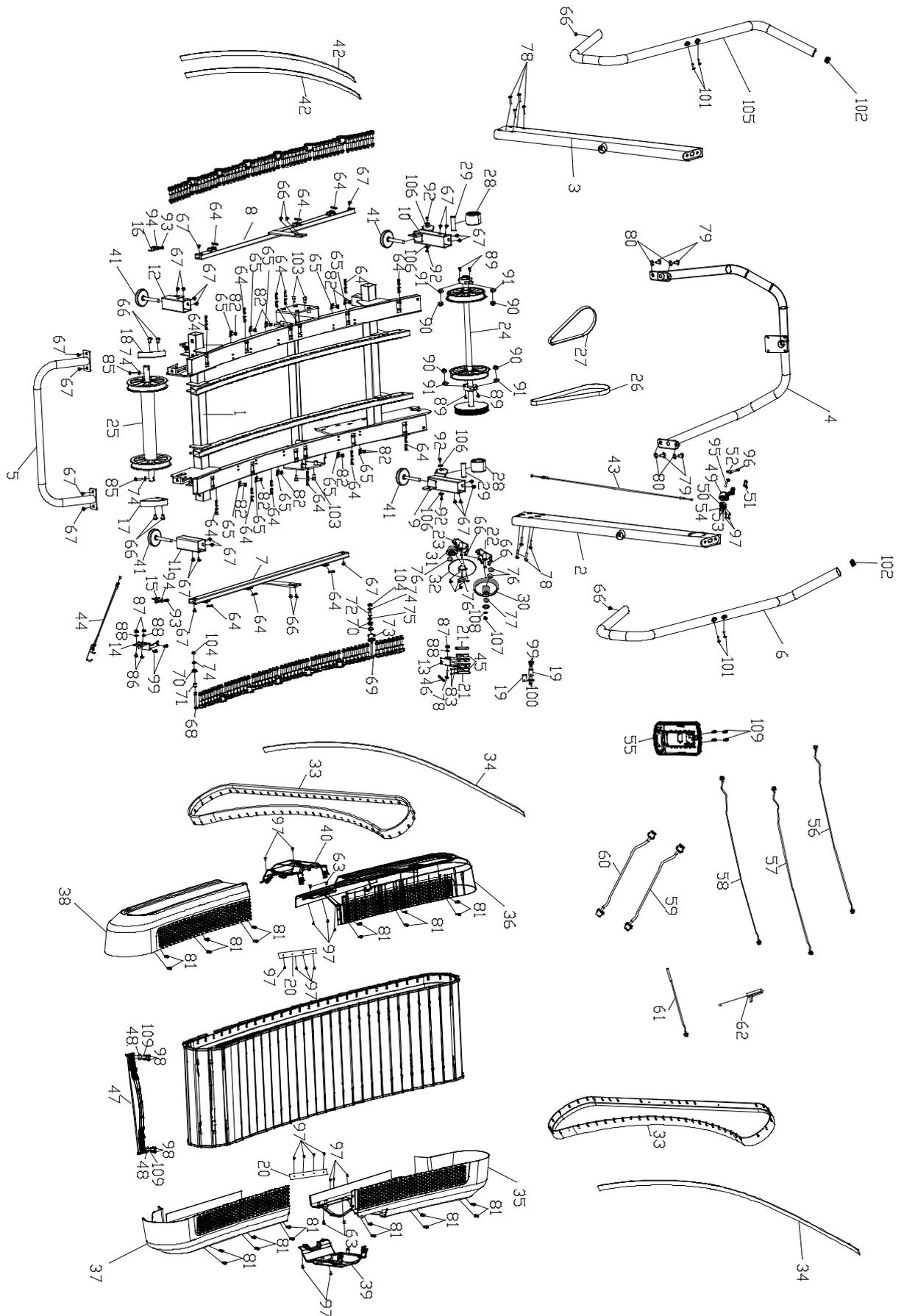
TARGET DISTANCE

TARGET HEART RATE

1. Press "TARGET HEART RATE " button, enter to this mode, LCD flashing display Age ICON with presetting value 30 or the last setting value.P ress "UP - DOWN "button to setting (setting range 11~99), it is non recyclable.

2. After setting, press "ENTER" confirmed, LCD display the presetting value 65%, press "UP - DOWN" button to adjust to 65% or 85% & the value of Pulse, LCD will show the corresponding
3. If selected PULSE, LCD display the presetting value "100", press "UP - DOWN" button to setting (setting range 30~230), it is non recyclable.
4. Press "ENTER" button to start to count, TARGET & PULSE ICON is flashing.
5. When the heartbeat value is higher or lower than the setting value (+/- 10%), the PULSE value is displayed continuously.
6. The heartbeat value is lower than the setting value (<10%), and the PULSE window "UP ICON" flashes to remind USER to accelerate.
7. The heartbeat value is higher than the setting value (>10%), and the PULSE window "DOWN ICON" flashes to remind USER to slow down
8. The heartbeat value is higher than or equal to the setting value of 100%. The buzzer rings 3 short sounds every 1s. After 10 times, the heartbeat value is still not lower than 100%, the buzzer rings 1s and enter into the stand by mode.
9. Without any heart single input in 30s, the "PULSE" LCD window display "P", buzzer rings 1s and enter into the stand by mode.
10. Press the "START" button once, enter into the break mode, and press "START" to continue running.
11. Press the "STOP" button to sound the buzzer for 0.5 seconds and enter into the stop mode.
12. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
13. If did not complete the setting in 30 s, the buzzer rings for 0.5 s and back to standby mode.
14. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.





#	DESCRIPTION	QTY
1	Main frame	1
2	Upright post (R)	1
3	Upright post (L)	1
4	Console frame	1
5	Rear main frame lifting handle	1
6	Handrail (R)	1
7	Curve cover fixing support (R)	1
8	Curve cover fixing support (L)	1
9	Front foot (R)	1
10	Front foot (L)	1
11	Rear foot (R)	1
12	Rear foot (L)	1
13	Magnet bracket	1
14	Adjustable resistor fixing bracket	1
15	Rear roller adjustable bracket	2
17	Curve cover reinforcement plate (R)	1
18	Curve cover reinforcement plate (L)	1
19	Adjustable resistor fixing plate	2
20	Curve cover fixing bracket	2
21	Magnet covered plate	2
22	Pulley wheel axle weldment	1
23	Driving wheel axle weldment	1
24	Front roller	1
25	Rear roller	1
26	Motor belt - 380PJ6	1
27	Motor belt - 250PJ6	1
28	Moving wheels	2
29	Wheel and axle	2
30	Driving pulley wheel - front	1
31	Driving wheel axle	1
32	Driving wheel plate - Aluminum	1

#	DESCRIPTION	QTY
33	Aluminum slat fixing belt	2
34	EVA mat - t2.0*50*3600	2
35	Front plastic side cover (R)	1
36	Front plastic side cover (L)	1
37	Rear plastic side cover (R)	1
38	Rear plastic side cover (L)	1
39	Upright post side cover (R)	1
40	Upright post side cover (L)	1
41	Front foot stop	4
42	EVA mat t5.0*70*3000	1
43	Top section resistance cable L - 1150	1
44	Top section resistance cable L - 450	1
45	Round magnet	4
46	Brake tension spring	1
47	Aluminum slat	60
48	Double hole Washer - t1.5*20*10	120
49	Manual adjustable handle	1
50	Stall adjustable assembly	1
51	Manual adjustable handle cover	1
52	Manual adjustable handle side cover	1
53	Stall adjustable post	2
54	Ordinary cylindrical spring	1
55	Console	1
56	2 pin connected wire L-1250mm	1
57	VR 3 pin connected wire L-1250mm	1
58	2 pin connected wire L-950mm	1
59	VR 3 pin connected wire L-950mm	1
60	3 pin connected wire L-500mm	1
61	2 pin plug bottom section connected wire L-1000mm	1
62	Resistor VR	1

PARTS LIST



#	DESCRIPTION	QTY
63	Screw fixing buckle	4
64	Screw fixing plate	10
65	T shape siderail guider	6
66	Allen head C.K.S. full thread bolt - M8*15	12
67	Allen head C.K.S. full thread bolt - M8*20	24
68	Hexagon head half thread bolt - M8*65*20	98
69	Hexagon socket head full thread bolt - M8*65	12
70	Bearing 608ZZ	124
71	Sleeve \varnothing 12* \varnothing 8.1*18.4	98
72	Sleeve \varnothing 12* \varnothing 8.1*14	12
73	Guiding pulley wheel	12
74	Flat washer \varnothing 8	110
75	Internal Circlip \varnothing 23	12
76	Deep groove ball bearing 6201ZZ	4
77	One way bearing CSK12P	1
78	Allen head C.K.S. half thread bolt M8*55*20	9
79	Allen head C.K.S. full thread bolt M8*25	4
81	Phillip countersunk head self-tapping screw ST4*35	24
82	Phillip countersunk head self-tapping screw ST4*15	20
83	Phillip head C.K.S. full thread bolt M5*10	4
85	Hexagon socket head full thread bolt M8*75	2
86	Allen head C.K.S. half thread bolt M8*30*20	2

#	DESCRIPTION	QTY
87	Hex head locknut M8	3
88	Flat washer \varnothing 8	3
89	Allen head C.K.S. half thread bolt M10*25*15	4
90	Hex head locknut M10	4
91	Flat washer \varnothing 10	4
92	Allen countersunk had full thread screw M6*15	4
93	Hexagon head full thread bolt M8*30	2
94	Hexagon nut M8	2
95	Allen head C.K.S. step bolt M6*50*36	1
96	Phillip pan head self-tapping screw ST3*10	2
97	Phillip head C.K.S. self-tapping screw ST4*16	22
98	Phillip pan head full thread bolt M5*15	240
99	Phillip head C.K.S. full thread screw M4*10	3
100	Hex head locknut M4	3
101	Hexagon socket head full thread bolt M8*45	4
102	Flat plug \varnothing 38*t1.5	2
103	Hexagon socket head full thread bolt M8*15	4
104	Hex head locknut M8	110
105	Handrail (L)	1
106	End cover t1.2* \varnothing 31	4
107	Hexagon lock nylon nut M6	1
108	Flat washer \varnothing 6	1
109	Spring washer \varnothing 6	240

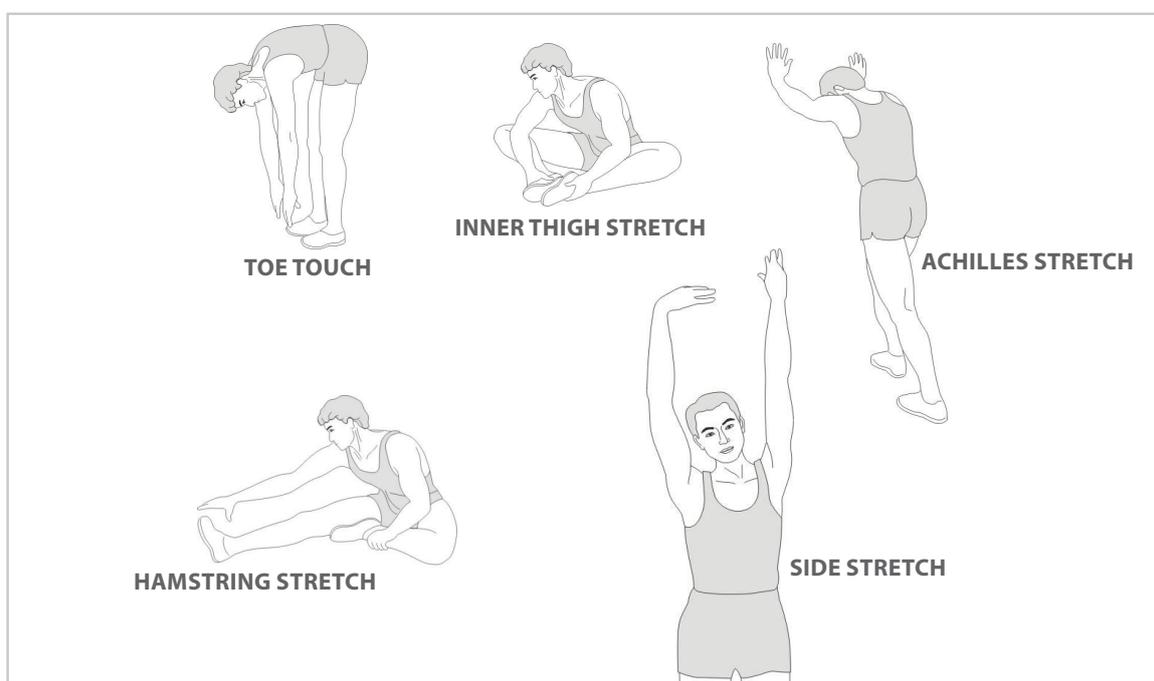
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.