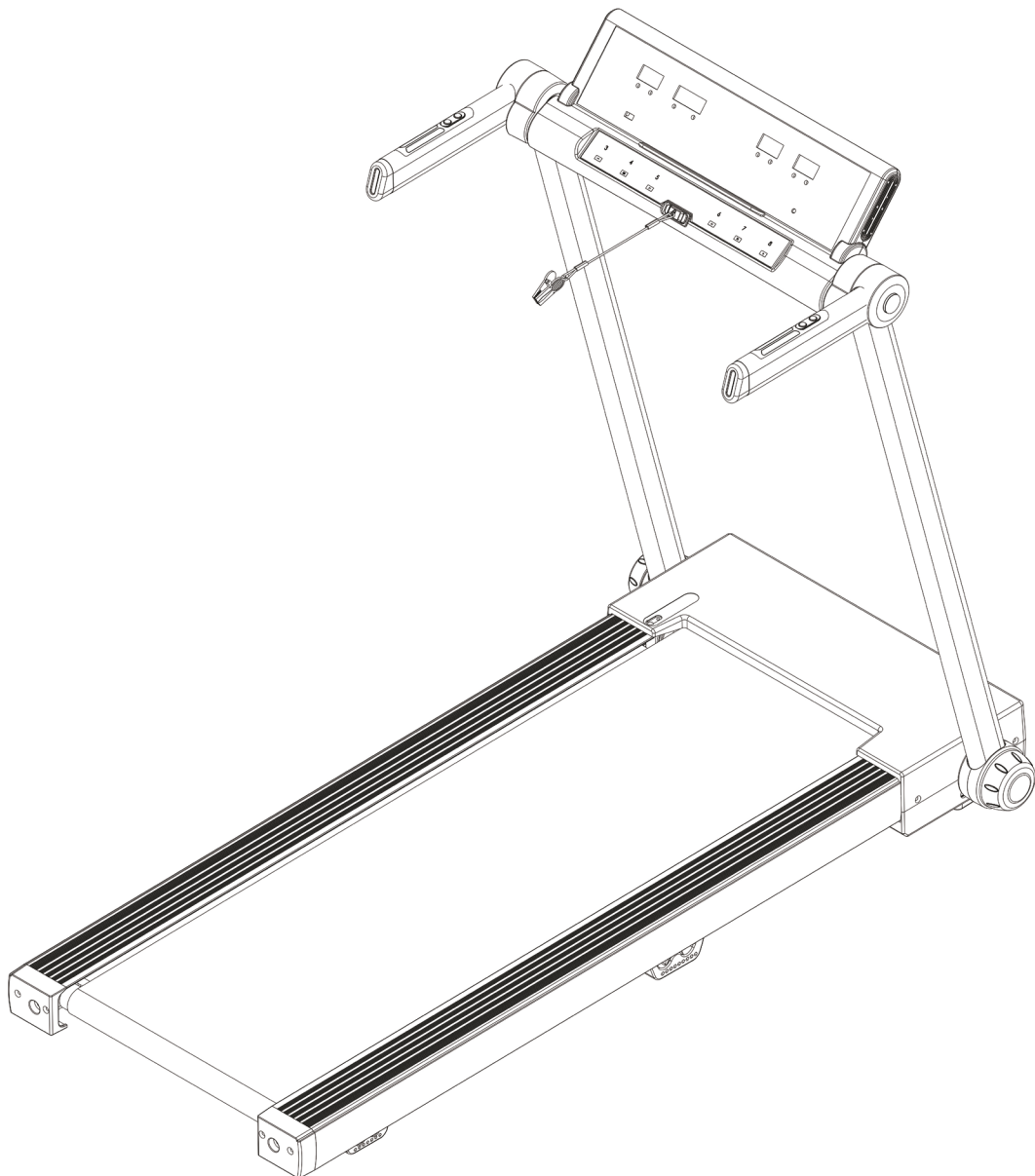


virtuafit

Run Fit Foldable Treadmill

User manual



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WARNING:

Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this device without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

ATTENTION

- It is important to read this entire manual before assembling and using the device. Safe and effective use can only be achieved if the device is assembled, maintained and used properly. It is your responsibility to ensure that all users of the device are informed of all warnings and precautions.
- Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the device properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the device. The device is designed for adult use only.
- Use the device on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the device should have at least 0.5 metres of free space all around it.
- Before using the device, check that the nuts and bolts are securely tightened.
- The safety of the device can only be maintained if it is regularly examined for damage and/or wear and tear.

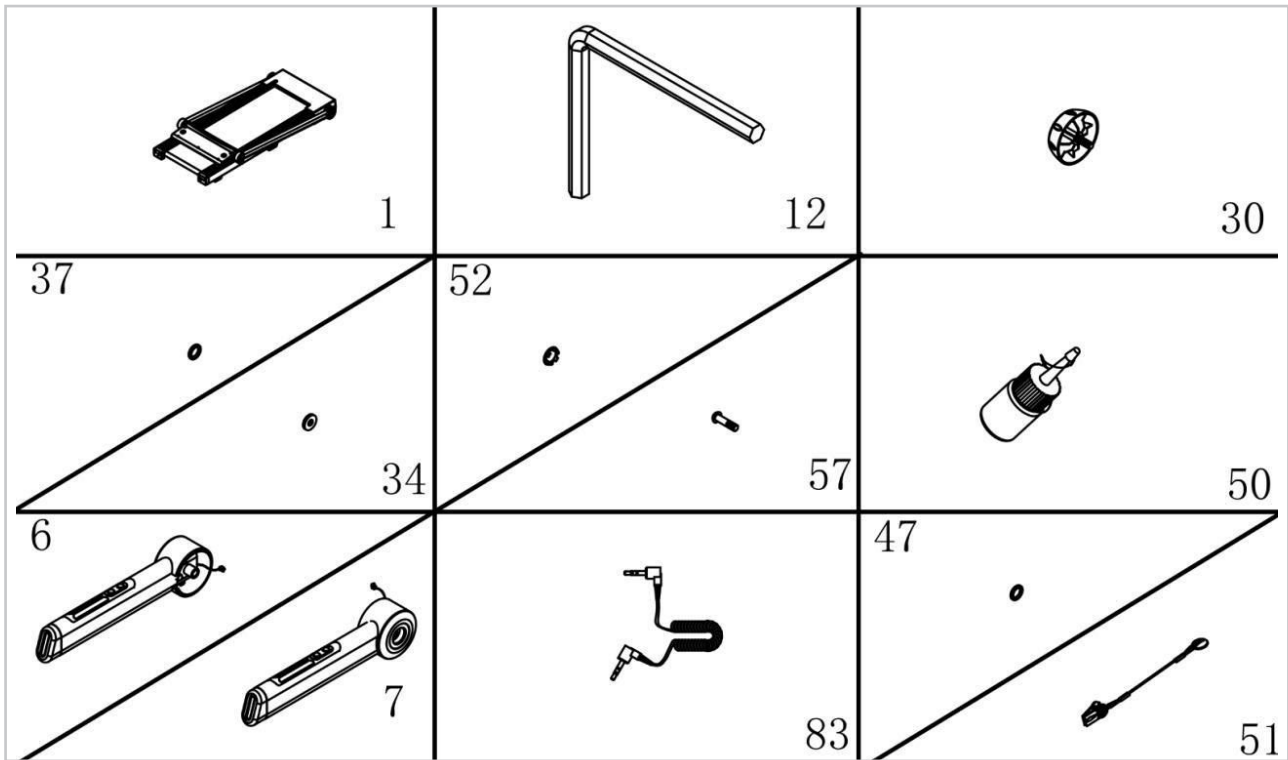
- Always use the device as indicated. If you find any defective components while assembling or checking the device, or if you hear any unusual noises coming from the device during use, stop immediately. Do not use the device until the problem has been rectified.
- Wear suitable clothing while using the device. Avoid wearing loose clothing that may get caught in the device or that may restrict or prevent movement.
- The max user weight is 115 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:



#	DESCRIPTION	QTY	#	DESCRIPTION	QTY
1	Main Frame	1	50	Oil Bottle	
12	Allen Key 6 mm	1	6	Left Handbar	
30	Totary Knob Set	4	7	Right Handbar	
37	Fixed Plate	6	83	MP3 Wire	
34	Isolation Nylon Pad	1	47	Wave Washer	
52	Handbar Plug	1	51	Safety Key	
57	Bolt	2			

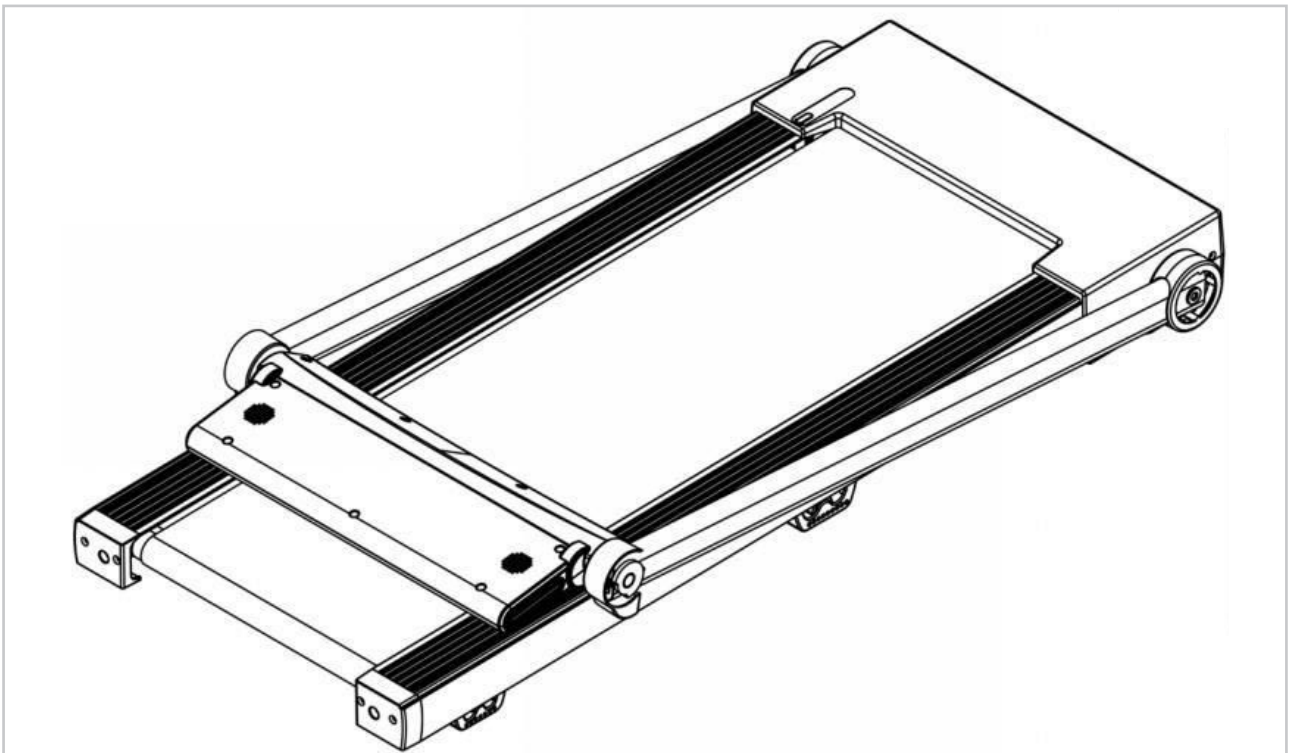
NOTE! Do not connect the appliance to the mains before it has been completely set up.

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

Error message: Ensure that all cables are carefully attached. The aluminum legs are very sensitive and must remain straight. Do you receive an error message after mounting your device? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.

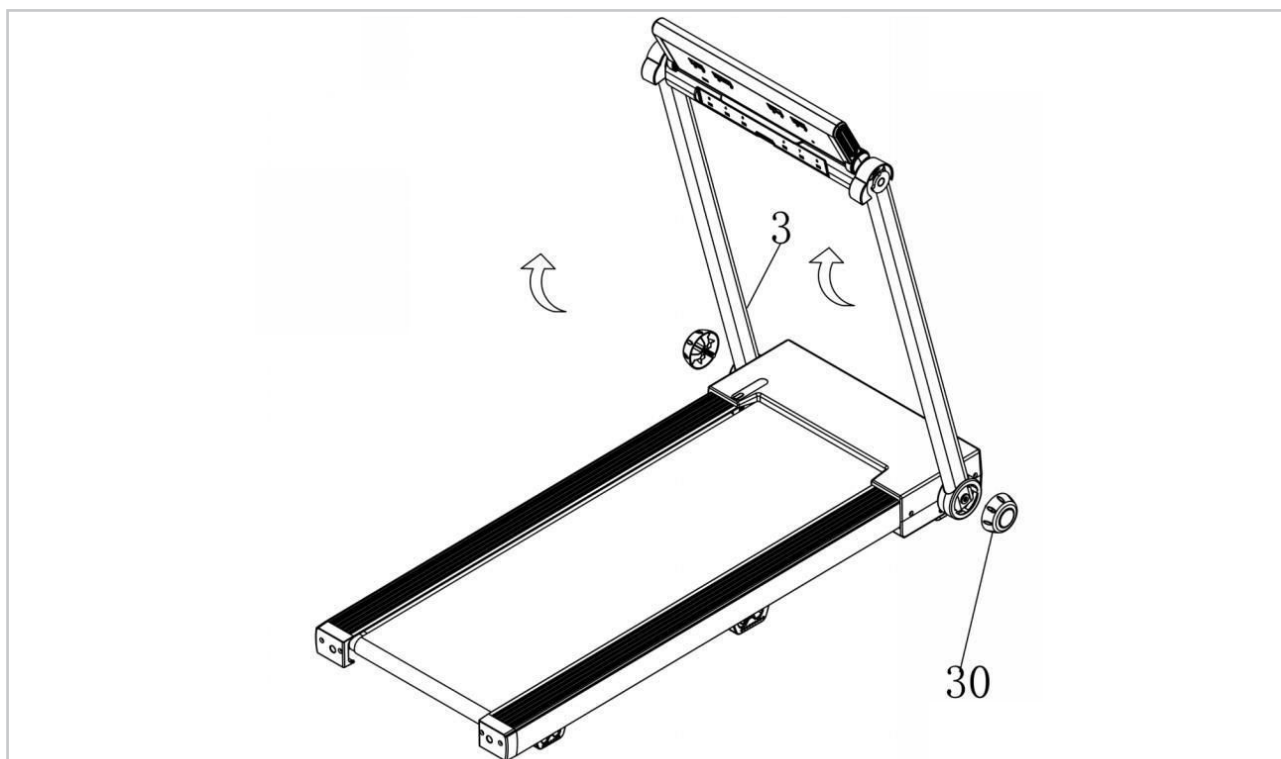
Socket screws: The device contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



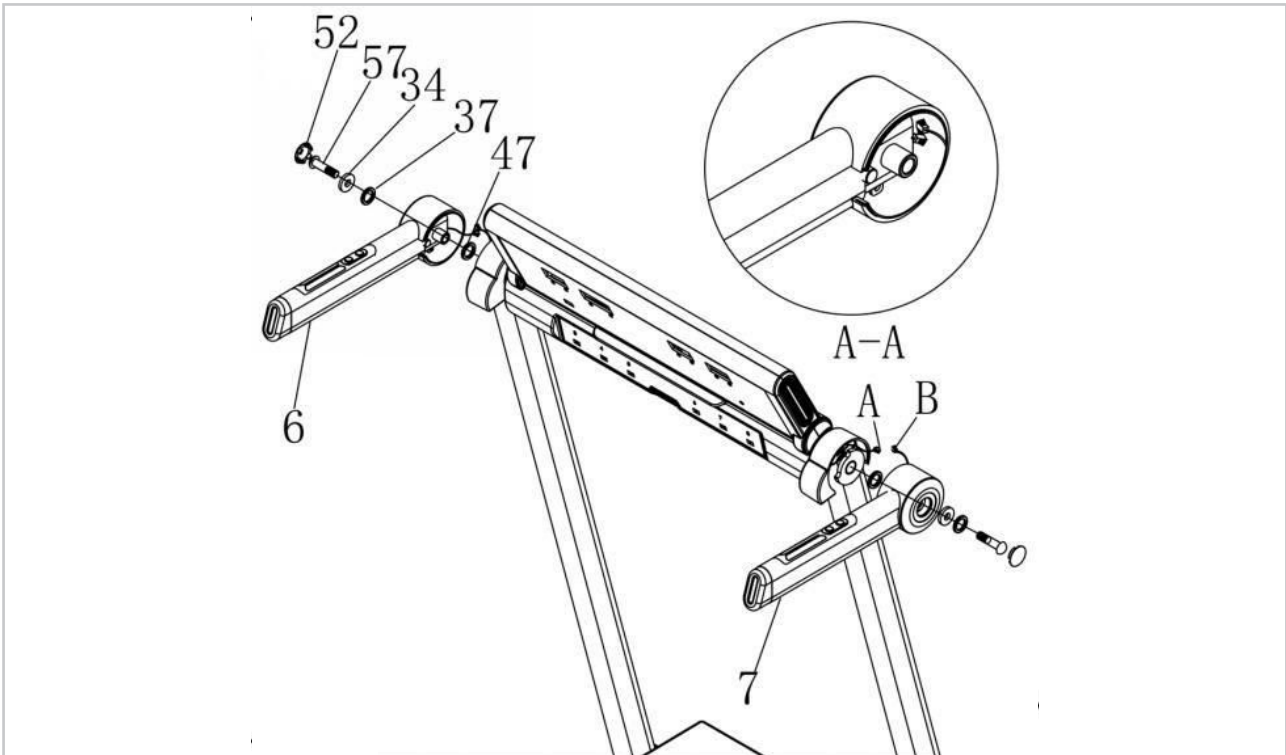
- Open the carton, get out the above spare parts, and put the Main Frame onto the level ground.

STEP 2



- Lift the upright in the direction of the left picture. Support the upright with hand avoid falling down to have any hurt.
- Use Rotary knob set(30) to lock the left upright to the main frame.
- Right is the same as left.

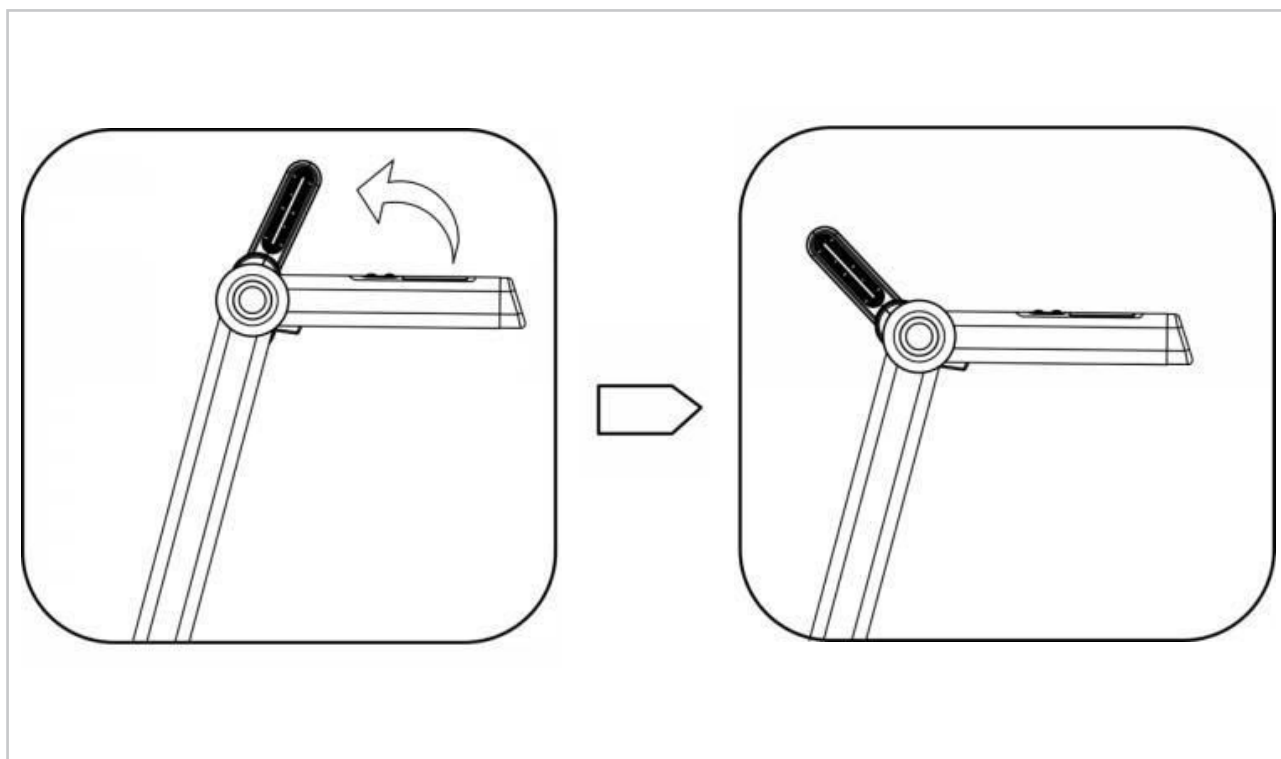
STEP 3



- When assembly the hand bar, please attention the hand pulse plate need be upward.
- Put the left hand bar(6) through the wave washer (47), and connect the hand pulse wire(A) and (B), then install the hand bar on the upright as the left picture.
- Then Use 6# Allen wrench (12), bolt(57), Isolation nylon pad(34), Fixed plated (37) lock the left hand bar(6) on the upright. Then insert the Hand bar plug(52) into the hand bar(6).
- Right side same as left side. As the left picture.
- After using for a time, if the hand bar is loose, put out the Hand bar plug(52) use 6#Allen wrench (12) to lock again.

NOTE! The wiring must be connected properly, not cocked, but plugged in place to avoid bad communication signals. Hand pulse wire(A) and (B) need to be put into the handrail tube as the left picture A-A, be careful not to press the wire when locking the armrest.

STEP 4



- Turn the computer in the direction of the arrow.
- Adjust the computer angle according to your height. The lowest and highest angle see the left picture.

STEP 5

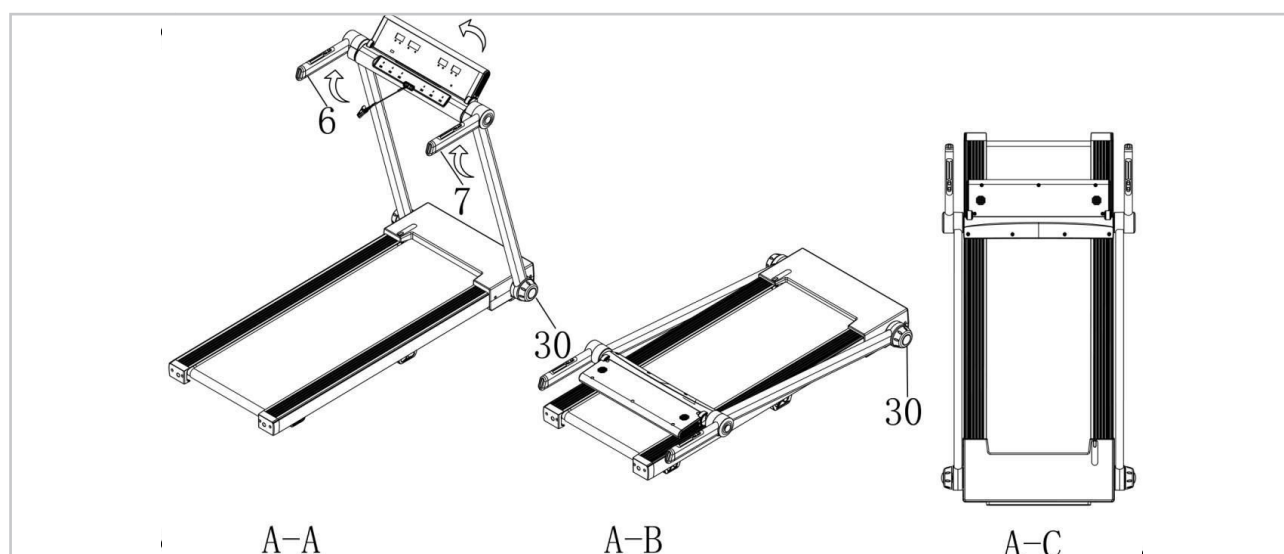


- Put the safety key (51) on the computer.

NOTE! Please confirm complete assembly as the require above and lock all the bolt. Do the following operation after checking everything is OK. Before you use the treadmill, please read the instruction carefully.

NOTE!

- *Store your machine in a dry area away from children and high traffic areas as shown in the illustration. Be sure it is secure and cannot fall onto small animals or children.*
- *De staanders dienen in de voelbare vergrendeling vallen. Dit betekent dat de staanders niet volledig rechtop staan.*
- *Als de tweede opslagmethode wordt gebruikt moet de loopband tegen de muur worden geplaatst en moet je ervoor zorgen dat die niet gemakkelijk te bereiken is door kinderen en/of huisdieren.*



FOLDING

- Rotate the console to the level of the upright, then rotate the handle to the level of the stand. Hold the upright and turn the rotary knob (30) outward until the upright can be folded down as shown in the picture (A-B). Then turn the rotary knob firmly held.
- The treadmill can be stored in two ways:
 - a. Collapsed as shown in Figure A-B.
 - b. Standing against the wall as shown in figure A-C.

UNFOLDING

- Turn the rotary knob (30) outwards until the upright can be folded up as is shown in Figure A-A. Then tighten the dial again.
- Then rotate the console to the proper level on the upright and rotate the handle toward down to the correct level as shown in Figure A-A.

GROUNDING THE TREADMILL

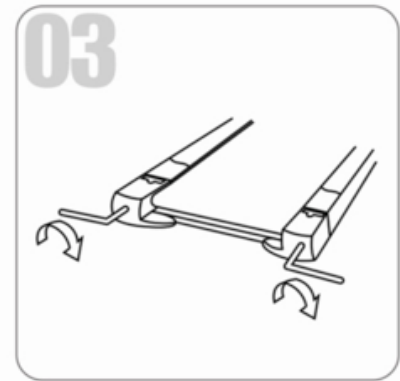
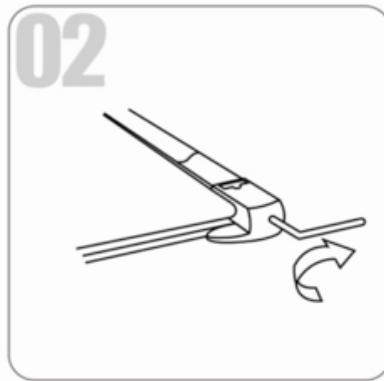
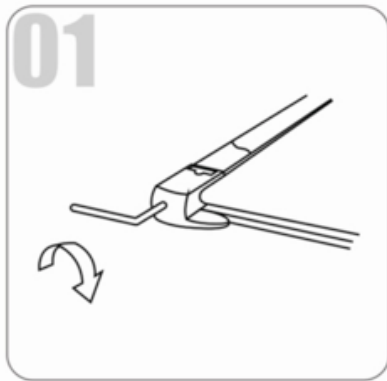
WARNING:

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 220-240/100-120 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

RUNNING BELT ADJUSTMENT

**01. Running belt deviates to left**

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

02. Running belt deviate to right

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

03. Running belt jam

If the running belt is in dead condition, use the Allen key to turn the screw 1/2 a turn both left and right until the jam solved (see fig 3).

Safe and effective use can only be achieved if the device will be assembled and maintained well. It is your responsibility to ensure that the equipment is regularly maintained. Parts that are already used and / or damaged must be replaced before continuing using. The rower machine may only be used indoors and stored away, prolonged exposure to weathering and changes in temperature / humidity can have a serious impact on the electrical components and moving parts of the device.

DAILY MAINTENANCE

- Clean and remove sweat after each use Do not use aggressive cleaning agents and ensure that the device remains free of moisture.
- Check that the rail and the wheels under the seat are free from dust and dirt.

SEMI-ANNUAL MAINTENANCE

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

CLEANING

WARNING:

Before cleaning the machine, please make sure the power has been switched off.

Cleaning: General cleaning of the device will extend the life of the treadmill. Hold clean the treadmill by dusting regularly. Be sure to clean the exposed area of the belt and the foot rails of the treadmill on both sides.

In addition, wear clean shoes to reduce the risk of contamination of the treadmill. Remove the hood at least once a year to vacuum underneath.

LUBRICATING THE BELT

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

- **Light user** (less than 3 hours/ week) annually
- **Medium user** (3-5 hours/ week) every six months
- **Heavy user** (more than 5 hours/ week) every three months

Best indicator is to lubricate when the walking platform feels dry. We recommend that you buy the lubrication from our distributor or directly to our company.

NOTE: *Any repair need the professional technician.*

- We suggest that you should cut off the power for 10 minutes after keep running 2 hours, so that it's good for maintain the treadmill.
- For avoiding the slipping during running, the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt, the belt be away from the plates about 50-75 mm on both sides, if the best not too tight and loose.

We strongly recommend that you do the following

- Switch off and remove the power cable from the wall after every use, especially if children are present.
- Clean your treadmill after use.
- Use a dry cloth to clean the control panel and areas around the power switch. Use a soft clean cloth and cleanser to remove stubborn stains and dirt off the running belt.
- Tighten the running belt once a month.
- Keep your treadmill in a safe dry place away from heat and water.

USAGE OF TREADMILL LUBE

- Open the filler cap. Insert the supplied bottle with lubricant in the filling opening.
- Now start the appliance and let it run for 3 minutes without straining the treadmill.

Lubricant reminder function

After every 100 KM, the treadmill will beep three times and the word "OIL" will appear on the time display. This will occur up to 3 times repeatedly. The treadmill will then sound a reminder at 200 KM.



We recommend that you do the following:

- Disconnect the power cord after every use, especially when children are present.
- Clean the treadmill after use.
- Use a dry cloth to cover the control panel and areas around the on/off switch clean.
- Use a soft clean cloth and detergent to remove stubborn stains and dirt from the treadmill.
- Tighten the treadmill once a month.
- Keep your treadmill away from heat and water in a safe, dry place.

Regular maintenance prolongs the life of your treadmill and prevents injury!

This treadmill is designed in a way that in the event of an electrical fault, the machine will turn off automatically to prevent any injuries to the user and to prevent damage to the machine (i.e. motor). When the treadmill behaves erratically, simply reset the treadmill by turning the power switch off, waiting for 1 minute then turning the power button back on.

If, after you have reset the treadmill, it is still not running correctly, please run the self-checking analyse (please refer to Self-Checking) to distinguish what type of error problem the machine is encountering.

Before attempting any work on the treadmill, ensure that the power is off and the plug is removed from the power point. Do not use extension leads as it may lead to power decrease and failure.

ERROR CODE	DESCRIPTION	SOLUTION
E01	Signal failed between computer and console Sensor wire is broken or not well connected.	Check if the wire is undamaged and properly connected, if so replace the circuit board of the computer or console.
E02	Burst clash.	<ol style="list-style-type: none"> 1. Check whether the supply voltage is 50% lower than normal voltage, use the normal voltage for testing. 2. Check if the printed circuit board is burned, replace the printed circuit board. 3. Check if the motor wire is properly connected, plug it in again.
E03	No sensor signal Overload protection.	<ol style="list-style-type: none"> 1. Check if the light on the control board is on, if the light is burned out, replace the light. 2. Check if the sensor plug is properly connected; 3. Check if the magnetic sensor is broken or properly connected, reconnect or replace one magnetic sensor.
E05	Security key signal is not recognized by the computer.	Check that the motor is in good condition and that there is something stuck between the conveyor belt which increases the motor's resistance. If all of the above is correct, replace the console.
"----"	Communication error.	Check that the magnetic parts of the safety key are properly inserted.
E07/E08	EEPROM damage.	Replace the console. Please contact your dealer.

CONSOLE



BUTTON	FUNCTION
PROGRAM	Press this button to select a program from manual mode: P1 to P12 or "FAT".
MODE	Press the "MODE" key, the screen displays "DISTANCE", "TIME" and "CALORIES". The display will light up every 5 seconds with data from "SPEED", "TIME" and "CALORIES".
START	Press this button to start the appliance, the appliance will start at the lowest speed or with the speed of the standard program after 3 seconds.
STOP	Press this button to stop the machine, the machine will slow to a stop, press this button once to slow down the treadmill and stop in PAUSE mode. All data is retained. Pressing this button twice in this PAUSE stops the device completely and resets all data. When you press START in PAUSE, the treadmill will continue with PAUSE data.
SPEED +/-	Sets the speed. Press this button to adjust the speed while running and adjust it when you stop.
SPEED (2, 4, 6, 8, 10, 12)	Adjusts the speed in quick steps: <ul style="list-style-type: none"> • The "START / STOP" button is incorporated in the handle on the left. • The speed button is incorporated in the handle on the right.

BUTTON	FUNCTION
TIME	The total time from the beginning to the end of the workout is displayed.
DISTANCE	The distance of each workout is shown when you start exercising
CALORIES	The total calories from the beginning to the end of the workout are shown.
PULSE	Keep your hands on the handgrip sensor to view your heart rate. When no heartbeat is detected, P is displayed.
SPEED	The speed is displayed during the exercise when you start exercising.

USER'S MODE OPERATION

MAIN FUNCTION

Open the power switch, the screen window will light up, the machine will enter into standby state.

START-UP QUICKLY (MANUAL)

Put safety key, press 'START' button, the treadmill will run at the lowest speed in 3 seconds, press SPEED+/- to adjust the speed. Press the 'STOP' button or take out the safety key directly to stop the treadmill.

COUNT DOWN MODE

Press the 'MODE' button, you can choose time countdown mode, distance count down mode, calories countdown mode, and the screen window will show the default data and glitter. At the same time, press SPEED+/- to set the data. Press 'START' button, the machine will run at the lowest speed, you can press SPEED+/- to change the speed. When it counts down to 0, the machine will stop smoothly. Certainly, you can press 'STOP' button or take out the safety key from the computer to stop the machine.

INNER INSTALL PROGRAM

Press 'PROG' button to choose the inner install program from P1---P 12 . When set the program, the time window will show default data and glitter, press SPEED button to set the running time. Each program has been divided into 20 section, Each exercise time=the setting time/20. Press 'START', the machine will run at the first section speed. When the section is over, it will enter into next section automatically, the speed will change as next section data. When finish one program, the machine will stop smoothly. During the running, you can change the speed by the SPEED+/-, When the program enter next section will come back to the current speed. And you can press 'STOP' or take out the safety key to stop the machine whenever. At the end of the program mode the treadmill will flash with 15 beeps, after which all data will be cleared to 0 and come into standby status.

HEART BEAT TEST

When holding the hand pulse by two hands, the pulse window will show your heart beat after seconds. In order to get an accurate heartbeat value, please holding the hand pulse more than 30 seconds to test when the machine stop. The heart beat data is just for reference, can not be as the medical data.

BODY FAT TEST

When the treadmill standby, press 'PROGRAM' button till 'FAT' show in the corresponding window. 'FAT' is body fat test mode. Press 'MODE' to choose parameter 'SEX / AGE / HEIGHT / WEIGHT', and corresponding window will show "-1-" "-2-" "-3-" "-4-". When set each parameter, press SPEED+/- to adjust the data, and corresponding window will show the data and press 'MODE' button to finish, the window will show "-5-"

and“---” enter into ready to go condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds

TYPE	DEFAULT	SETTING RANGE	MARK
SEX (-1-)	0 (MALE)	0 - 1	0 = MALE, 1 = FEMALE
AGE (-2-)	25	10 - 99	
HEIGHT (-3-)	170 CM	100 - 240 CM	
WEIGHT (-4-)	70 KG	20 - 160 KG	

BMI	
<19	Under weight
19 - 26	Normal weight
26 - 30	Over weight
>30	Obesity

SLEEP FUNCTION

Stopped more than 10 minutes, the system turns off all displays and enters a sleep mode. Press any key to wake up.

RUNNING DATA DISPLAY AND SETTING RANGE

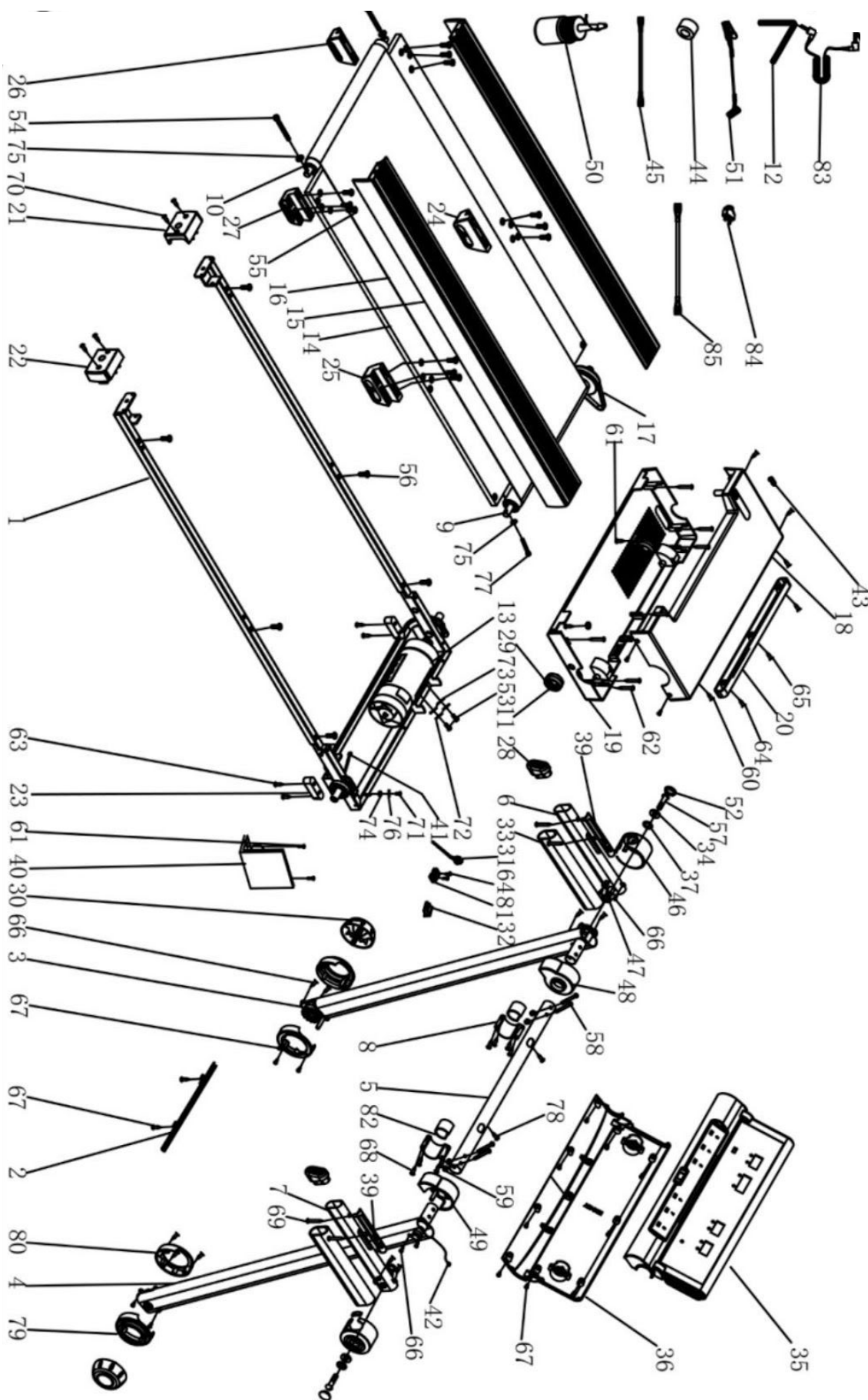
	SHOW RANGE	DEFAULT PROGRAM	DEFAULT MODE	SET RANGE
SPEED (KM/H)	0.8 - 14 KM/H	-	-	-
TIME (MIN)	00:00 - 99:59	30:00	30:00	05:00 - 99:00
DISTANCE (KM)	0.00 KM - 99.9 KM	-	1	0.5 - 99.9
CALORIES (CAL)	0 - 999 CAL	-	50	10 - 990

SAFETY KEY

Whenever pull out the safety key, the treadmill will stop quickly, all data turn to zero, All the windows display“ --- “. All normal operation must under safety key locked condition.

PROGRAMS

TIME		Setting time/20= interval running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
PROGRAM																					
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P16	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
P17	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P18	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P21	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P22	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P23	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P24	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P25	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P26	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P27	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P28	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P29	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P30	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P31	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
P32	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P33	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P34	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P35	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P36	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
P37	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P38	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P39	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P40	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1



#	DESCRIPTION	QTY
1	Main Frame	1
2	Oil guide plate Frame	1
3	Left Upright frame	1
4	Right Upright frame	1
5	Computer frame	1
6	Left hand bar frame	1
7	Right hand bar frame	1
8	Rotating plate	2
9	Front Roller	1
10	Back Roller	1
11	Roll rachis	2
12	6#Allen wrench 6mm	1
13	DC Motor	1
14	Running board	1
15	Side Rail	2
16	Running belt	1
17	Motor Belt	1
18	Motor Cover	1
19	Motor Bottom Cover	1
20	Front Motor Cover	1
21	Right End Cap	1
22	Left End Cap	1
23	main frame foot pad	2
24	Middle Left foot pad	1
25	Middle Right foot pad	1
26	Left Rear foot pad	1
27	Right Rear foot pad	1
28	Inner tube	2
29	Wheel	2
30	Rotary knob set	2
31	Standard power line	1

#	DESCRIPTION	QTY
32	Power switch	1
33	Foam	2
34	Isolation nylon pad	2
35	Computer Up cover	1
36	Computer bottom cover	1
37	Fixed plated	2
38	Speed + - shortcut key	1
39	Stop/start shortcut key	1
40	Control board	1
41	Computer bottom Wire	1
42	Computer up Wire	1
43	oil plug	1
44	Magnetic ring	1
45	Brown Single Wire	1
46	Hand bar cover	2
47	Wave washer $\phi 15*\phi 28$	2
48	Left Upright Up cover	1
49	Right Upright Up cover	1
50	Oil bottle	1
51	Safety key	1
52	Hand bar plug	2
53	Bolt M8*12	2
54	Bolt M8*65	2
55	Bolt M8*25	12
56	Bolt M8*55	6
57	Bolt M10*70	2
58	Bolt M6*37	4
59	Screw M6	4
60	Bolt ST4.2*19	6
61	Bolt ST4.2*12	4
62	Bolt ST4.2*40	7

#	DESCRIPTION	QTY
63	Bolt ST4.2*19	4
64	Bolt ST4.2*19	4
65	Bolt ST4.2*9.5	1
66	Bolt ST4.2*12	12
67	Bolt ST4.2*13	17
68	Bolt ST4.2*9.5	8
69	Bolt ST4.2*45	4
70	Bolt ST4.2*25	4
71	Bolt M5*8	1
72	Lock washer C Level 8	2
73	Lock washer 8	2
74	Lock washer 5	1
75	Lock washer 6	3
76	Lock washer 5	1
77	Bolt M8*45	1
78	Bolt ST4.2*20	2
79	Upright outside cover	2
80	Upright inside cover	2
81	Line card	1
82	Rotating sleeve	2
83	MP3wire Optional	1
84	Overload protector	1
85	Brown Single Wire	1

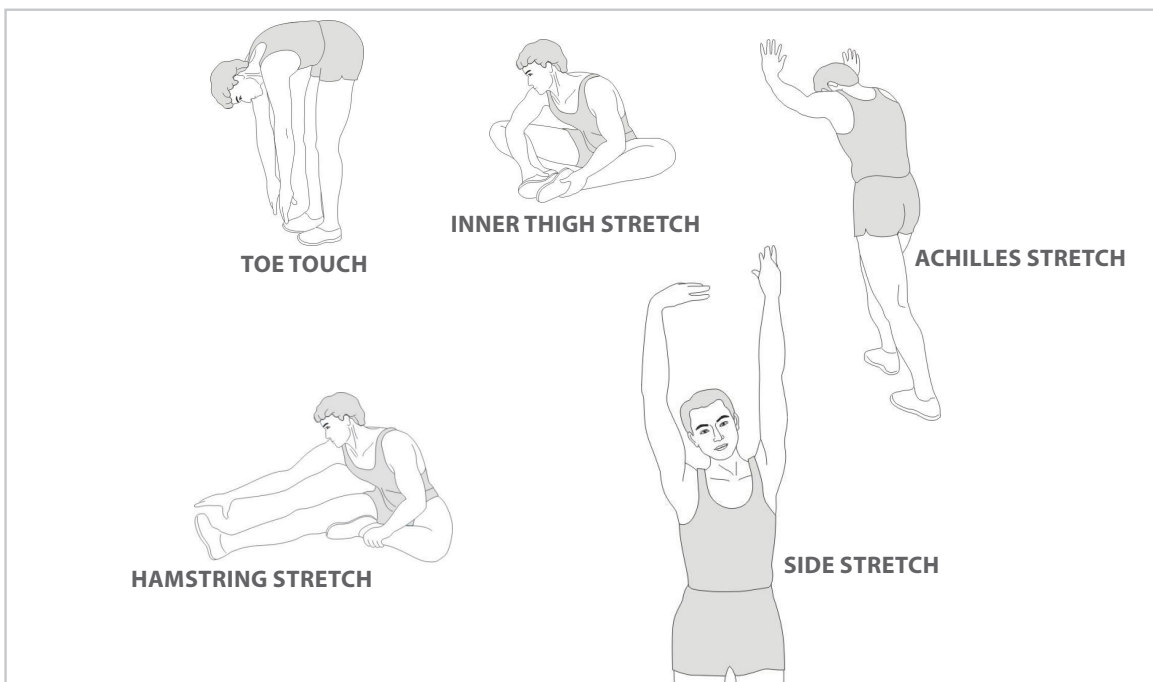
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.