virtufit

CTR 1.1 Crosstrainer

User manual
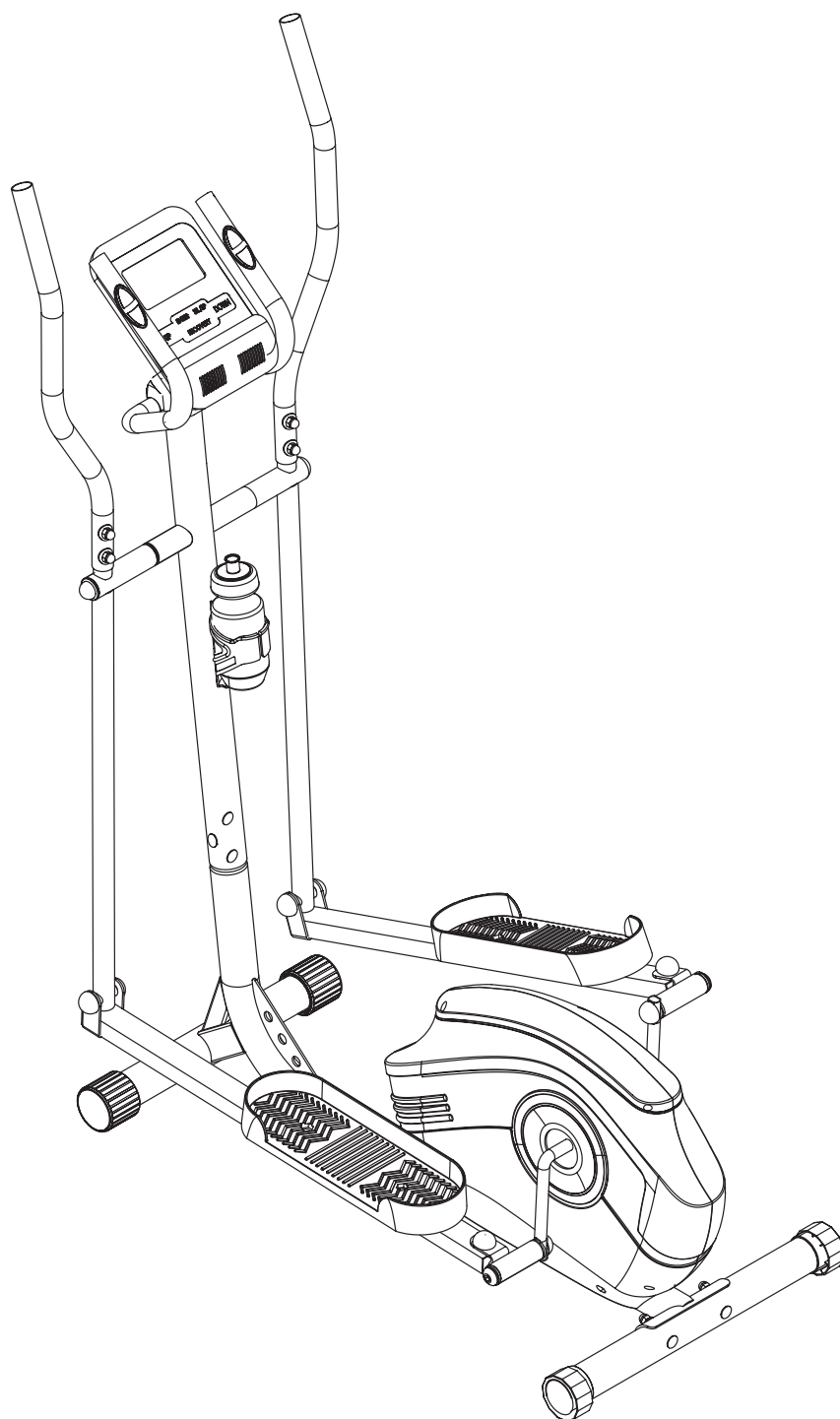
INDEX

WARNING: We suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or people with health problems. We take no responsible for any problems or injuries if you don't follow our specification.

IMPORTANT

- This elliptical trainer is made for home use only and tested up to a maximum body weight of 115 kgs.

- Follow the steps of the assembly instructions carefully.

- Use only original parts as delivered.

- Before the assembly, be sure to check if delivery is complete by using the included partslist.

- For assembly use only suitable tools and asks for assistance with assembly if necessary.

- Place the exerciser on an even, non-slippery surface. Because of possible corrosion, the usage of anY exerciser in moist areas is not recommended.

- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition. Replace defective components immediately and/ or keep the equipment out of use until repair. For repairs, use only original parts.

- In case of repair, please ask your dealer for advice.

- For repairs, use only original spare parts.

- Avoid the use of aggressive detergents when cleaning the home exerciser.

- Ensure that training starts only after correct assembly and inspection of the item.

- For all adjustable parts be aware of the maximum positions to which they can be adjusted / tightened to.

- The home exerciser is designed for adults. Please ensure that children use it only under the supervision of an adult.

- Ensure that those present are aware of possible hazards, e.g. movable parts during training.

- Warning: incorrect/excessive training can cause health injuries.

- Consult your physician before starting with any exercise program. He or she can advise on the kind of training and which impact is suitable.

Before you start to assemble the device, please read the following points carefully:

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

2. Error message: Make sure that all cables are carefully attached. The adjusable feet are very sensitive and should remain straight. Do you get an error message after the installation of your cross trainer? Then you should bend these adjustable feet straight again, this may cause the error message to disappear.

3. Transport wheels: Make sure that the transport wheels are attached to the front of the device.

4. Allen screws: In the upright of crossbar are hex bolts, make sure that the Allen key is properly in the bolt before you apply force to the key. In this way you prevent the head of the socket head from being turned.
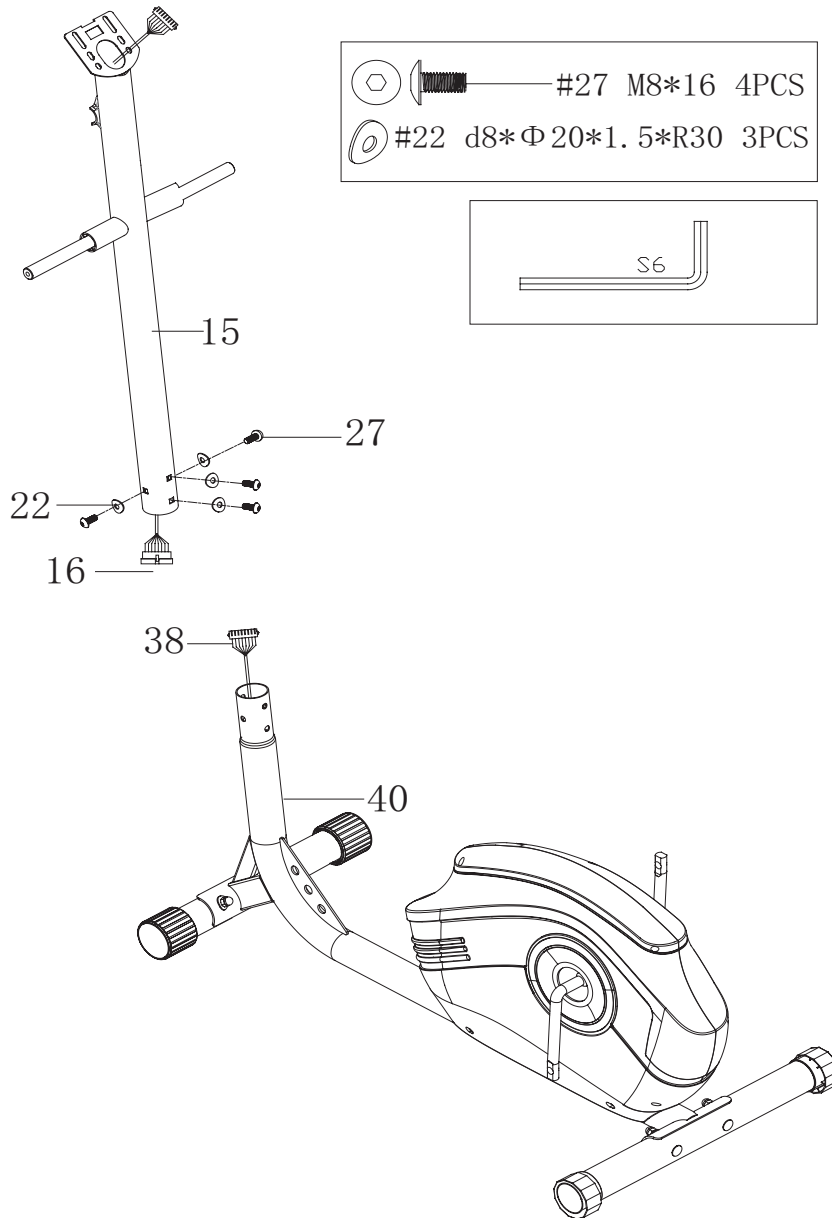
STEP 1

#33   M8*60   4PCS
#22 d8*Φ20*1.5*R30   4PCS
#23   M8   4PCS

S13

35
33
40
22   23
23
22
36   33
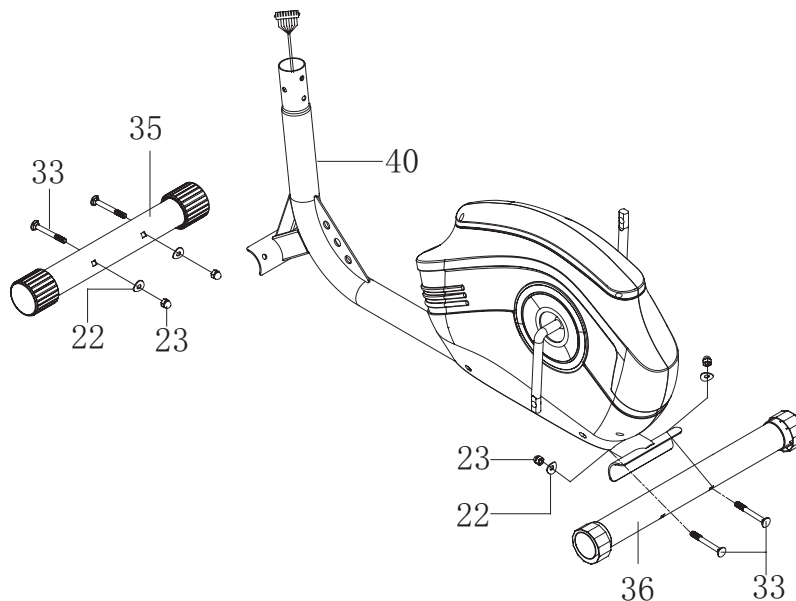
– Attach the Front Stabilizer (35) and the Rear Stabilizer (36) to the Main Frame (40) with Carriage Bolt (33), Domed Nut (23) and Arc Washer (22).
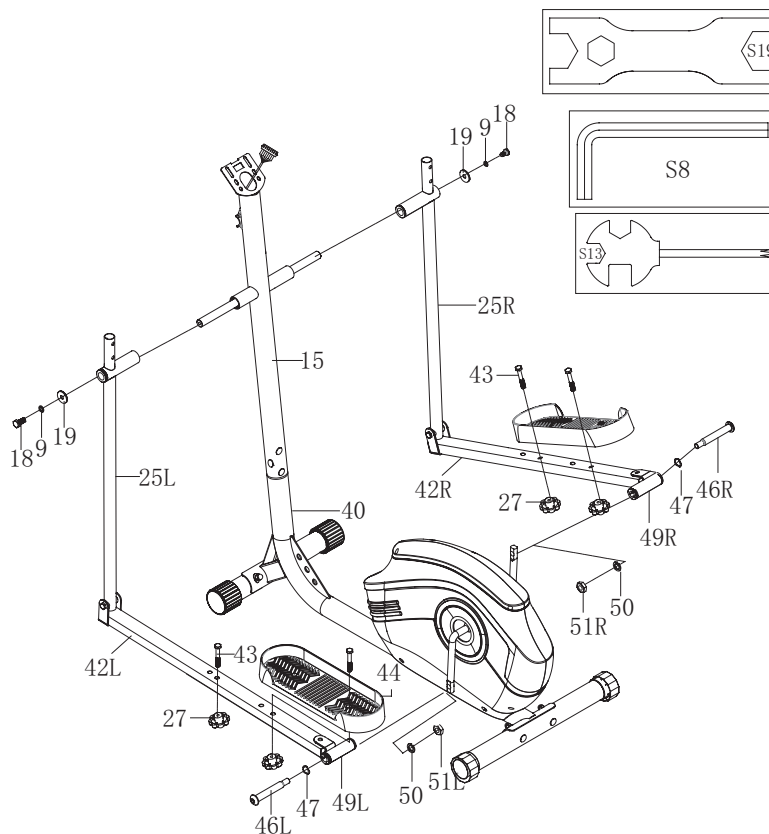
STEP 2

#27 M8*16 4PCS
#22 d8*Φ20*1.5*R30 3PCS

S6

15

27

22

16

38

40

– Connect the Sensor 16 and 38, fix the Upright Post (15) with the Main Frame (40) with Nut (27) Arc Washer (22). Note: Tighten the Screw (27) and the Arc Washer (22) very tight.

STEP 3

#43 M10*45 4PCS
#18 M8*16 2PCS
#19 d8*Φ32*2 2PCS
#50 1/2″ 2PCS

#27 M10 4PCS
#9 d8 2PCS
#47 d17 2PCS
#51L/R 1/2″ 2PCS
#46L/R 1/2″ 2PCS

S19

S8

S13

19 9 18
25R
43
15
18 9 19
25L
42R
27
47 46R
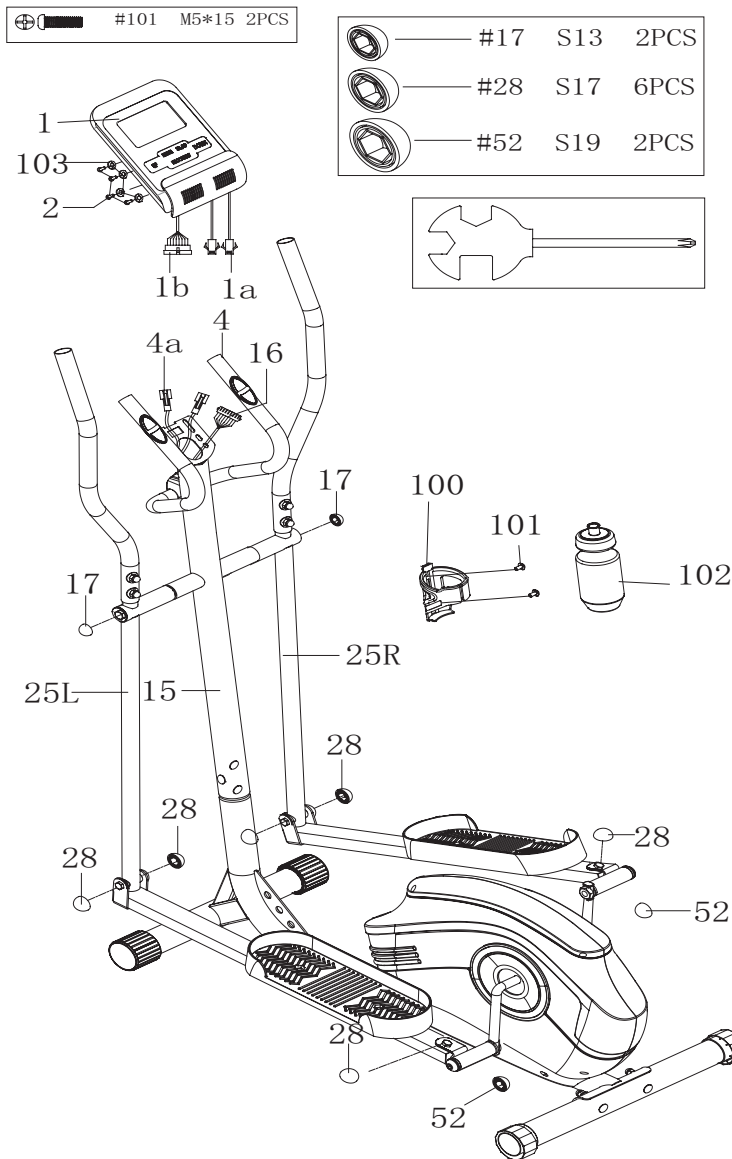49R
40
50
51R
42L 43
44
27
47 49L
46L 50 51L

– Fix the Lower Handle Bar (25 L / R) to the Upright Post (15) with Bolt (18), Washer (9), D Washer (19);

– Fix the Pedal Tubel (42 L / R) with the Pedal Crank by Pedal Hinge Bolt (46 L / R) Curved Washer (50), and Nylon Nut (51 L / R). Install the Pedal (44) on the Pedal Tube (42 L / R) with Hex Head Bolt (43), Knob (27).

STEP 4
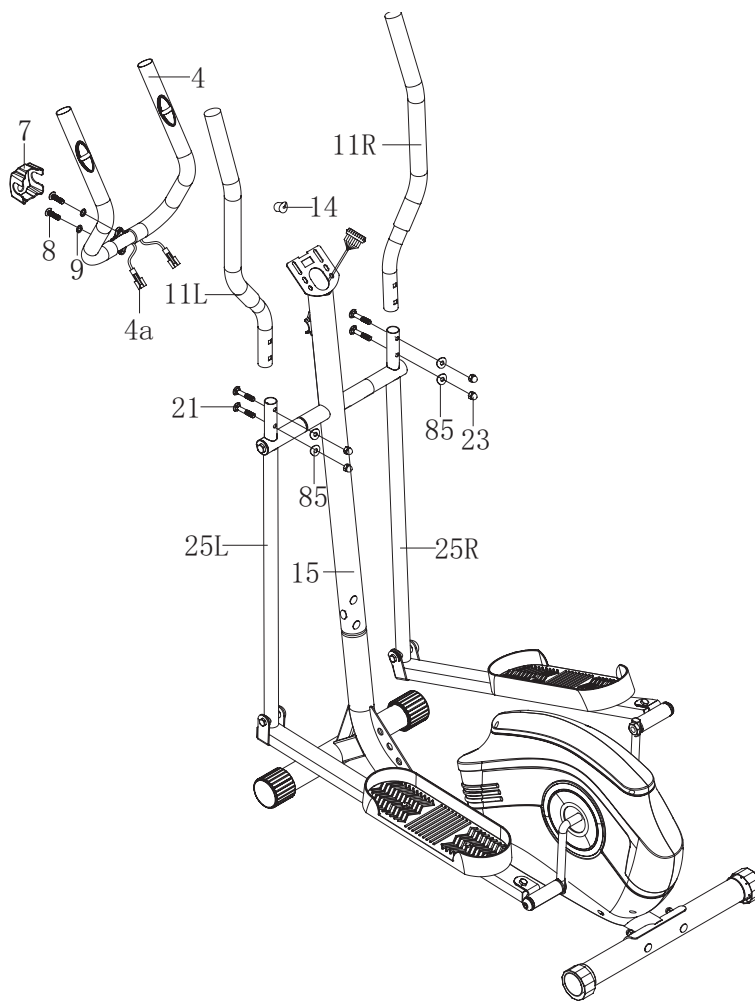
– Install the Middle handlebar (4) on the Upright Post (15) with bolt (8) Arc Waser (9);

– Fix the Handlebar (11 L / R) to the Lower Handle Bar (25 L / R) with Bolt (21),
Arc Washer (85) and Domed Nut (23).

STEP 5

#101   M5*15 2PCS

#17   S13   2PCS
#28   S17   6PCS
#52   S19   2PCS

1
103
2
1b   1a
4
4a   16
17   100
101
102
17
25R
25L   15
28
28
28   28
28   52
28
52

– Connect Handle Pulse Wire (4a) and (4b), then connect Sensor wire (16) to the Computer (1b); fix the Computer (1) onto the Upright Post (15) with Screw (2) and Washer (103);

– Attach the Bottle Holder (100) to the Support Tube (15) with Crosshead (101);

– Then, put the Bottle (102) in the Bottle Holder (100).

– Place the end caps (17) and (28) on the bolts as pictured above.

CAUTION: MAKE SURE YOU HAVE TIGHTENED ALL THE BOLTS AND NUTS WELL BEFORE BEGINNING YOUR WORKOUT.
NOTE: THE END CAP ON THE FRONT STABILIZER TUBE IS MOVABLE AND WORKS AS A WHEEL, WHICH IT IS EASY FOR YOU TO MOVE YOUR ELLIPCTICALL.

1.   The upright is fixed with Allen screws, making sure that the bolts are tight at all times. If the bolts are not tightened tight enough, this can cause cracking.
2.   All moving parts mounted on the base of the device should be greased with grease once every 6 months. This can be done with Vaseline (without acids) or with silicone oil.
3.   After each use, the appliance should be cleaned with a slightly damp cloth and soft soap. If the perspiration is not removed in time, corrosion can occur.
4.   Do not place the cross trainer in a room with high humidity. For example, a shed or a room where the washing machine is located.

PROBLEM SOLUTIONS

Squeaky crosstrainer: First lubricate all rotating parts with silicone spray. It can also be that a screw is tightened too tightly or too loosely, this creates friction and therefore a beep. If this is the case, try to find out exactly where the beep is coming from and then loosen or tighten this screw. The screws should be tightened in such a way that they can always be released by hand.

No resistance: First check whether you can hear the motor running. You will hear the motor spin very briefly when you increase or decrease the resistance. If you hear the engine running then all electronics are OK, but the V-belt probably ended. You can then open the housing and replace the V-belt. If you do not hear the motor running, it may be that the motor or display is defective. First check whether the cable that runs upwards in the pipe is connected properly.

Ticking sound: It is possible that the flywheel (in the housing) comes against a cable with every pedaling. This may be disturbing but will not cause permanent damage to your cross trainer. To solve this, open the housing and move the cable or you can fasten it with for example a tie-wrap.

Heart rate display does not work: This can have various causes. 1. The sensor cable running from the heart rate sensor to the display is not properly mounted or has come off during use. 2. It may be that the sensors have become damp, dirty or greasy, clean them regularly. 3. If you have a lot of calluses on your hands, it is more difficult for the sensors to measure, when this is the case a chest strap is recommended.
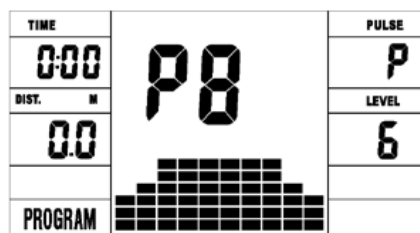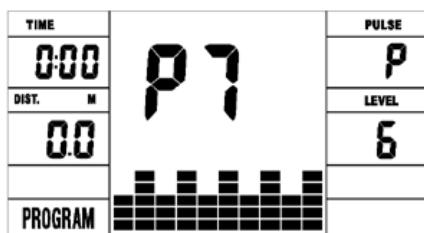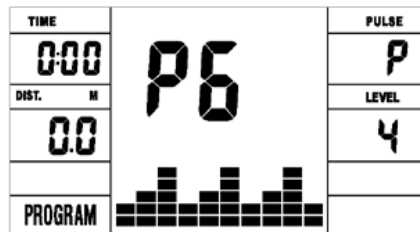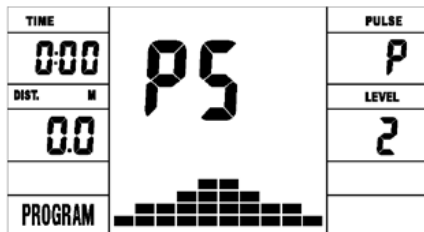
CONTROL PANEL

1. Program: 21 programs as following

A: 1 Manual program
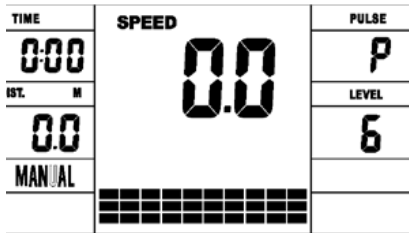
B: 10 Preset program profile (PROGRAM: P1-P10)
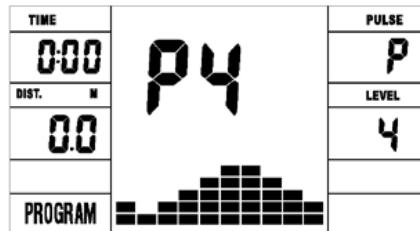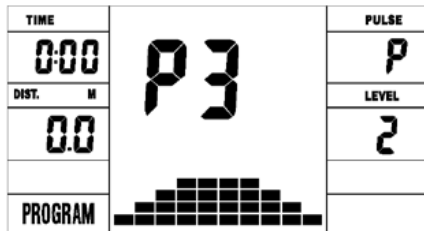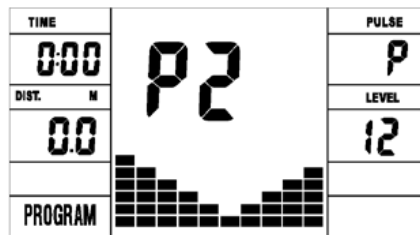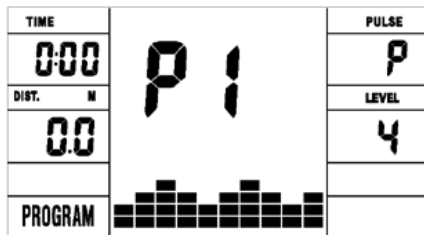
CONTROL PANEL

P1: Rolling

P2: Valley

P3: Fatburn

P4: Ramp

P5: Mountain

P6: Interval

P7: Cardio

P8: Endurance

P9: Slope

P10: Rally

C: 1 Watt Control Program (WATT PRO: P16)

D: 4 Heart Rate Control Program: (PULSE PRO: P17-P20)

55% Hearthbeat, 75% hearthbeat, 95% hearthbeat, Target heart rate

CONTROL PANEL

E: 5 User Setting Programs: CUSTOM1 to CUSTOM555P11-P15)

1.   Record the user's data of 5 User Setting Programs.
2.   Display Speed(RPM), TIME and WATT., CAL and DIST, at the same time.
3.   The computer will turn off automatically if there is no operation, speed signal and pulse signal over 4 minutes. Meanwhile,it will store your current exercise data and urn the loading resistance to the minimum. Once you press any button or in motion, the computer will turn on automatically.

CONTROL PANEL

BUTTON	FUNCTION EXPLANATION
(1) ENTER	In "STOP" mode, press "ENTER" button to enter into program selection and setting value which flash in related window. A: When you choose the program, press Enter to confirm the one you like. During the start mode, press "ENTER" to choose display the speed or RPM, or switch automatically. B: When in setting, press "ENTER" to confirm the value that you would like to preset.
(2) START / STOP	Press "START/STOP" button to start or stop the programs. During any mode, hold down this button for 2 seconds to totally reset the computer.

BUTTON	FUNCTION EXPLANATION
(3) UP	In stop mode and the dot matrix character flash, press this button to select the program up. If the related window value flash, press this button to increase the value.
	During the start mode, press this button to increase the training resistance.
(4) DOWN	In stop mode and the dot matrix character flash, press this button to select the program down. If the related window value flash, press this button to decrease the value.
	During the start mode, press this button to decrease the training resistance.
(5) RECOVERY	First test your current heart rate and show your heart rate value, press this button to enter into pulse recovery testing.
	When you are in pulse recovery mode, press this button to exit.

NOTE:

It is suggested to cover your finger within the marked region to select functions in case of any wrong action.

OPERATION:

1: Turn on the computer. Plug in one end of the adaptor to the AC electrical source and connect the other end to the computer. The computer will beep and enter into initial mode.

2: Program select and value setting

      Manual Program and Preset Program P1~P10

      A. Press UP, DOWN button to select the program that you like.

      B. Press ENTER button to confirm the selected program and enter time setting window.

      C. The time will flash, and then press UP, DOWN button to set up your desired time. Press ENTER to confirm the value.

      D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.

      E. The calories will flash, and then press UP, DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value.

      F. Press START/ STOP to begin exercise.

Watt Control Program(WATT PRO:P16)

      A. Press UP, DOWN to select the watt control program.

      B. Press ENTER to confirm the selected watt control program, and enter into time setting window.

      C. The time will flash, and then press UP, DOWN button to set up the desired time,. Press ENTER to confirm the value.

      D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.

      E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.

      F. The watt display will flash, and then press UP, DOWN button to set up the watt to do the exercise. Press ENTER to confirm the value.

      G. PressSTART/STOPtobeginexercise.

HEART RATE CONTROL PROGRAM: 55%H.R, 75% H.R and 95% H.R(PULSE PRO: P17-P19)

The maximum heart rate depends on different age and this program will ensure you do the healthy exercise within maximum heart rate.

A. Press UP , DOWN button to choose the heart rate control program.
B. Press ENTER to confirm the heart rate control program, and enter into AGE setting window.

C. The time will flash, and then press UP, DOWN button to set up the desired time. Press ENTER to confirm the value.
D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
F. The age will flash, and then press UP, DOWN button to set the user's age. Press ENTER to confirm the value.
G. When the target heart rate control program flash, the computer will display the user's target heart rate according to user's age.
H. Press START/ STOP to begin exercise.

Heart rate control program: target hearth rate (PULSE PRO: P20)

The user can set any target heart rate to do the exercise.

A. Press UP, DOWN button to select TARGET HEART RATE program.
B. PressENTERtoconfirmyourchoiceandentertimesettingwindow.
C. The time display will flash, and then press UP, DOWN button to set the desired time to do the exercise. Press ENTER to confirm the value.
D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
F. The target heart rate will flash, and then press UP, DOWN button to set up your target heart rate. Press ENTER to confirm the value.
G. PressSTART/STOPtobeginexercise.

User Profile Programs: CUSTOM 1 - CUSTOM 5 (P11-P15)

A. Press UP, DOWN button to select the user.
B. PressENTERtoconfirmyourchoice,andenterintotimesettingwindow.
C. The time display will flash, and then press UP, DOWN button to set up the desired time to do the exercise. Press ENTER to confirm the value.
D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
F. The first resistance level will flash, and then press UP, DOWN button to set the desired load resistance. Press ENTER to confirm. Then repeat above operation to set the resistance from 2 to 10.
G. PressSTART/STOPtobeginexercise.

The pulse recovery test is to compare your heart rate before and after exercise. It is target to determine your heart strength via the measuring. Please do the test as below:

A. Both your hands hold the pulse sensor or via wireless transmitter belt to test the pulse (if applicable), the computer will display your current pulse value.
B. Press RECOVERY to enter the pulse recovery test and the computer program will enter the stop status.
C. Keep pulse detecting.
D. Time will count down from 60 seconds to 0 second.
E. Whentimereaches0,thetestresult(F1-F6)appearsonthedisplay.

F1= Excellent, F2= Good, F3= Fair, F4= Below average, F5= No Good and F6=Poor

F. If the computer does not detect your current heart rate first, pressing RECOVERY will not enter into pulse recovery test. During the pulse recovery test, press RECOVERY to exit the test and return to the stop status.

4. Pulse Measurement

Please place both your palms on the contact pads and the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds. During the measurement, heart icon will flash with simulative ECG showing.

NOTE:

During the process of pulse measurement, because of the contact jamming, the measurement value may not be stable when start, then it will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

Note: If the computer is also equipped with wireless heart rate measuring via the transmitter belt, and with hand pulse function, the hand-measurement-signal-detecting is preferred.

Specifications
Speed KM/H(M/H): showing your current speed. Range: 0.0 ~ 99.9 KM/H(M/H).

RPM
showing the current rotate per minute. Range : 0~999.

TIME
the accumulative exercise time, range : 0:00~99M59S.
the preset time range is 5:00~99M00S. The computer will start to count down from preset time to 0:00 with average time for each resistance level. When it reaches to zero, the program will stop and computer alarm. If you do not preset the time, it will run with one minute decrement each resistance level.

DIST
the exercise accumulative distance. Range : 0.0~99.9~999KM(MILE) the preset distance range :1.0~99.0~999. When the distance reaches 0, the program will stop and the computer will alarm.

CALORIE

he exercise accumulative calories burnt. Range : 0.0~99.9~999 the preset calories range :10.0~90.0~990. When the calorie reaches 0, the program will stop and the computer will alarm.

PULSE

showing the exercise heart rate value. Range: 60~240BPM(beat per minute).
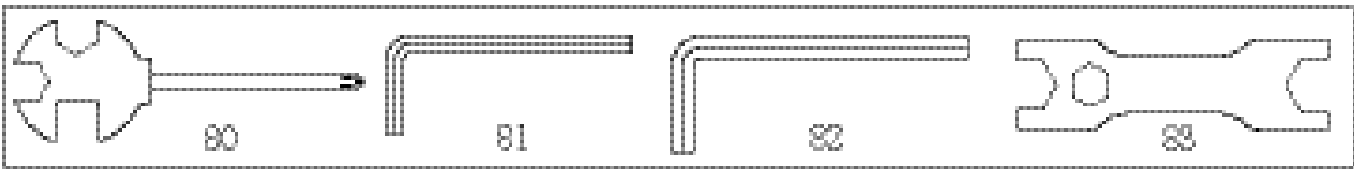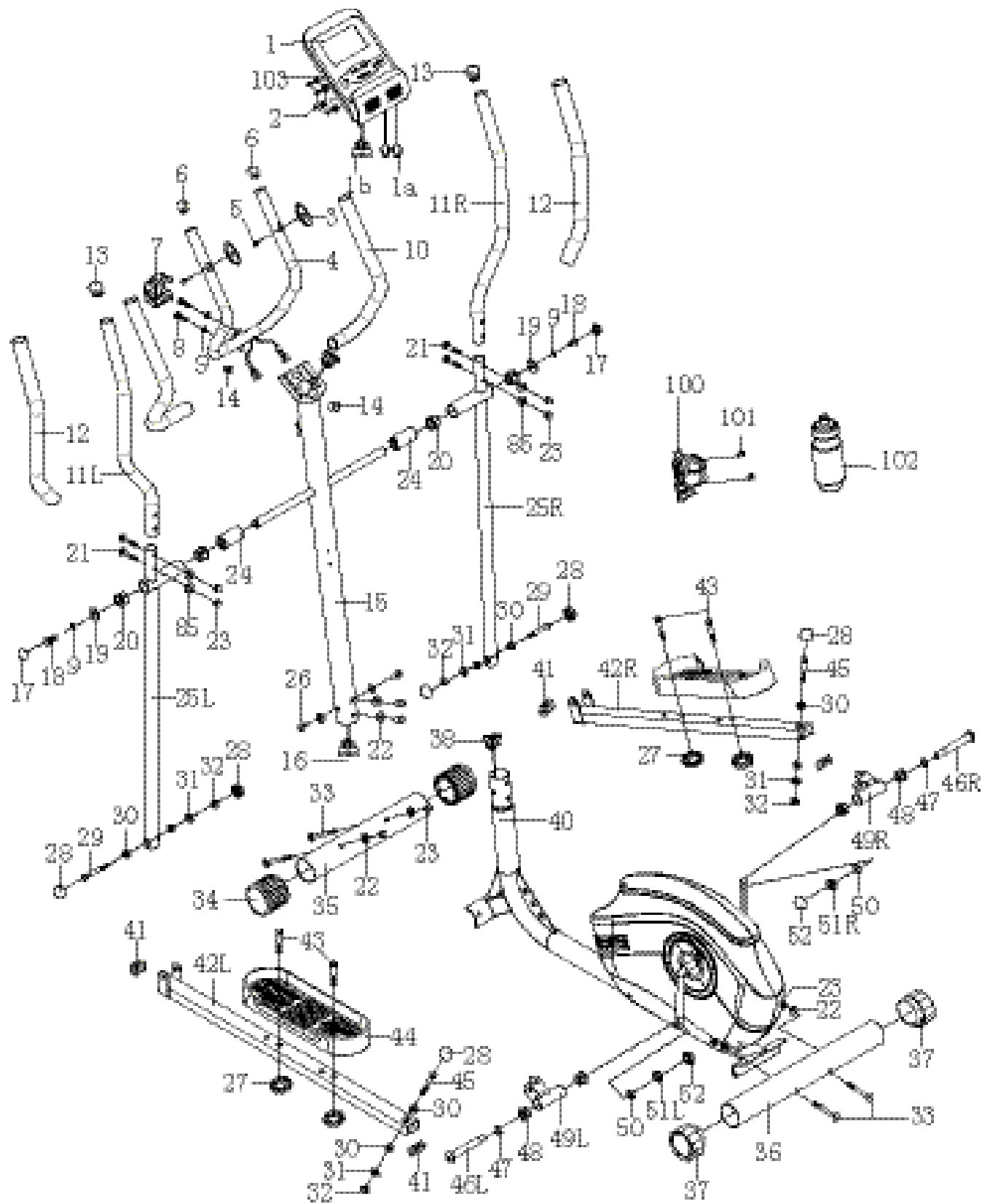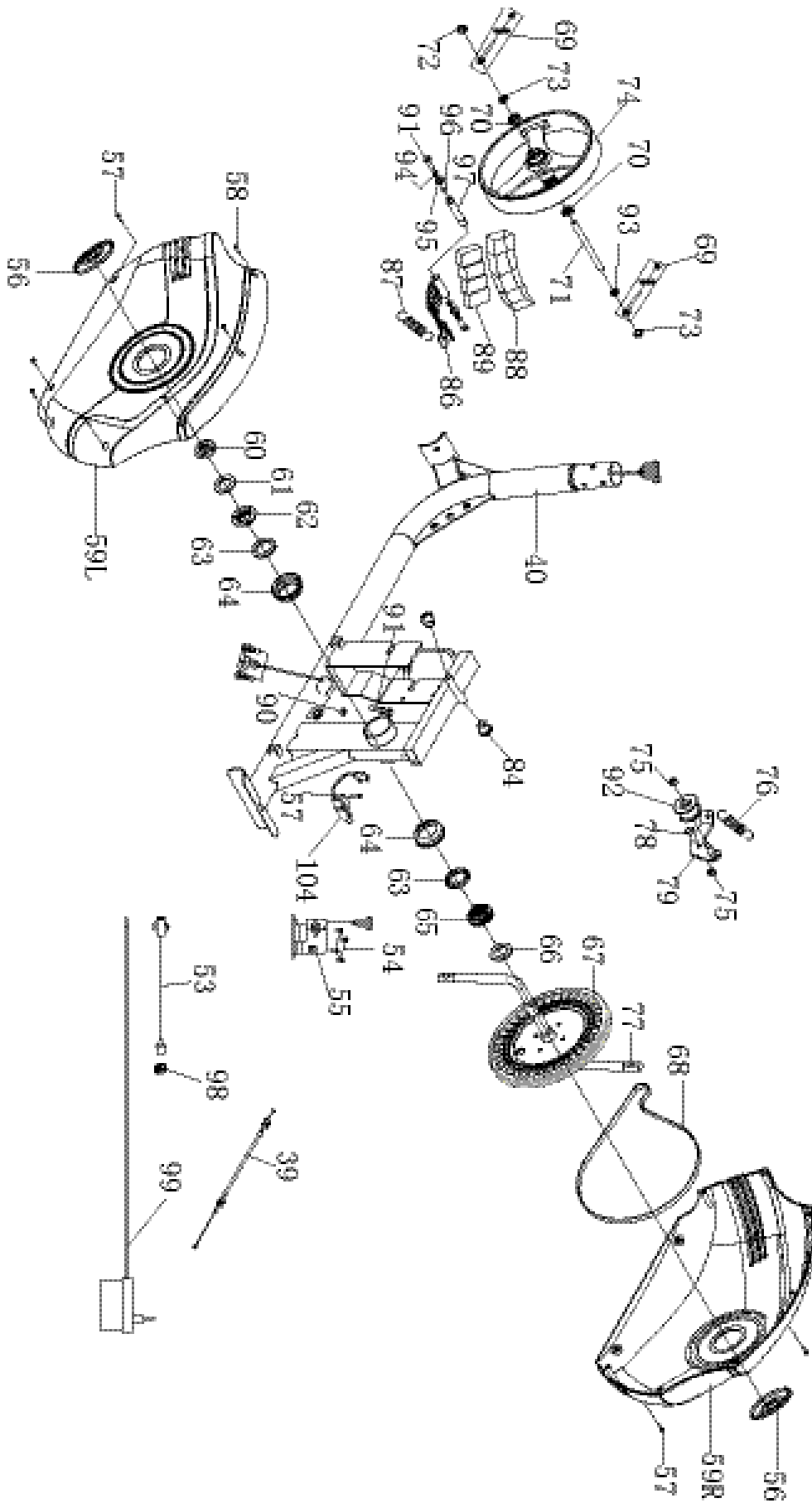
RESISTANCE LEVEL

showing level. Range:1~16

WATT

show the exercise watt,the interval should be 10,between 30-350

ADAPTOR

INPUT: AC 230V

OUTPUT: 8 VDC 500mA

#	Description	Qty	#	Description	Qty
01	Computer	1	34	End cap φ50	2
02	Screw M5	4	35	Front stabilizer	1
03	Pulse	2	36	Rear stabilizer	1
04	Middle Handlebar	1	37	End cap φ50	1
05	Screw ST4x19	2	38	Sensor	1
06	End cap φ25	2	39	Tension control cable	1
07	Small cover	1	40	Main frame	1
08	Bolt M8x30	2	41	End cap J40X25	4
09	Arc Washer D8	4	42	Pedal tube (L / R)	2
10	Foam grip	2	43	Bolt M10X50	4
11	Handlebar (L / R)	2	44	Pedal	2
12	Foam grip	2	45	Bolt M10X50	2
13	End cap φ28	2	46	Bolt (L / R) 1 / 2	2
14	Stopple φ12.6Xφ6	2	47	Arc Washer D17	2
15	Upright post	1	48	Bushing φ24X20Xφ16.1	4
16	Wire	1	49	U bracket	2
17	End cap S13	2	50	Spring washer 1 / 2"	2
18	Bolt M8x16	2	51	Nylon nut (L / R) 1 / 2"	2
19	Washer D8Xφ32X2	2	52	End cap S19	2
20	Bushing φ32Xφ19X28	4	53	Power line connection	1
21	Bolt M8x40	4	54	Crosshead screw M5*15	1
22	Arc washerD8Xφ20X1.5XR30	8	55	Motor	1
23	Domed Nut M8	8	56	Crank cover	2
24	Plastic insert	2	57	Crosshead screw ST4.2*16	5
25	Lower handlebar (L / R)	2	58	Crosshead screw ST4.2*19	12
26	Bolt M8x16	4	59	Chain cover (L / R)	1
27	Knob M10	4	60	Nut	1
28	End cap S17	6	61	Washer	1
29	Bolt M10x60	2	62	Left collar housing	1
30	Bushing φ14x12.5Xφ10.1	8	63	Collar ball	1
31	Washer D10Xφ20x2	4	64	Collar housing	2
32	Nylon nut M10	8	65	Right collar housing	1
33	Carriage Bolt M8X60	4	66	Washer	1

#	Description	Qty
67	Chain wheel	1
68	Belt	1
69	U bracket	2
70	Bearing	2
71	Axle	1
72	Nut M10	2
73	Nut M10	2
74	Flywheel	1
75	Nylon nut M8	2
76	Tension spring 1	1
77	Crank	1
78	Bolt	1
79	Bracket	1
80	Open-end wrench S13 14 15	1
81	Hex wrench S6	1
82	Hex wrench S8	1
83	Open-end wrench S17 18 19	1
84	End cap	2
85	Arc washer D8Xφ16X1.5XR30	4
86	Magnetic board	1
87	Tension spring 2	2
88	Plastic lattice	1
89	Magnet	4
90	Hexagon nut M6	2
91	Hexagon bolt M6*20	3
92	idler	1
93	Hexagon thin nut M10*1.0*2	1
94	Spring washer d6	2
95	Washer d6	2
96	Srap ring d12	2
97	Axle of magnetic board	1
98	Hexagon nut	1
99	Adapter	1

#	Description	Qty
100	Bottle holder	1
101	Crosshead screw M5*15	2
102	Bottle	1
103	Washer d5	4
104	Sensor	1

For questions or missing parts please contact your dealer.