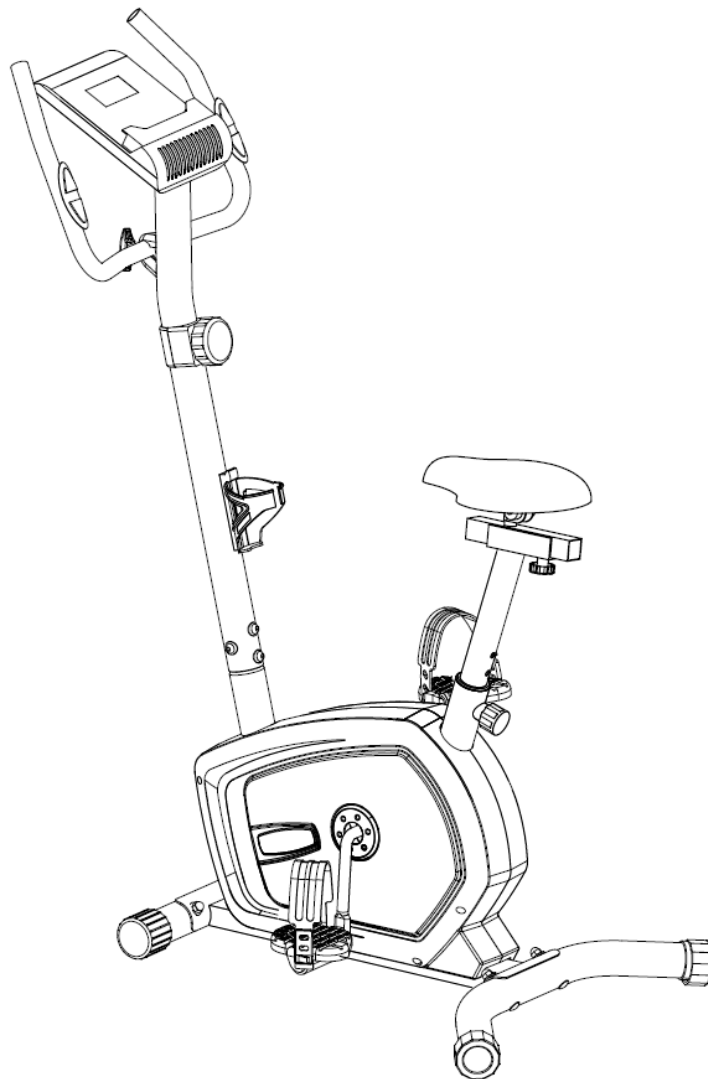


virtuafit

HTR 1.0 Exercise Bike

Owners manual



T +31 (0)74-7600219
E service@fitnessbenelux.nl
W www.fitnessbenelux.nl

ENG

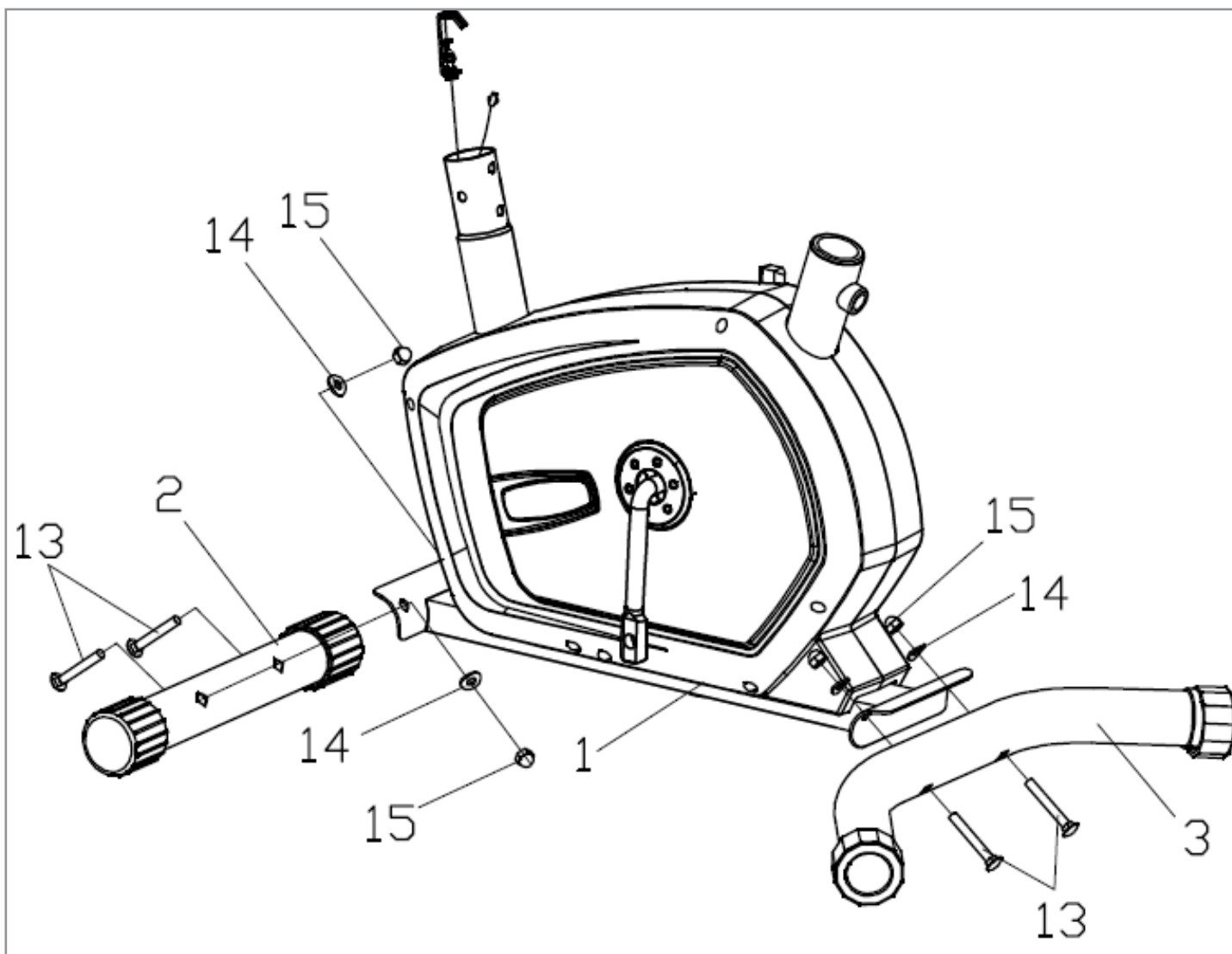
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BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. VIRTUFIT TAKES NO RESPONSIBILITY FOR INJURIES OR MATERIAL DAMAGE CAUSED BY USING THIS PRODUCT. BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS

- Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- Set up the machine in a dry level place and leave it away from moisture and water.
- Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt.
- Before beginning training, remove all objects within a radius of 2 meters from the machine.
- DO NOT use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse, Watts, Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- This machine can be used for only one person's training at a time.
- Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
- People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.
- The exercise bike is made for home use and is suitable for users up to 120 kg.

PREPARATION: Before assembling, make sure that you will have enough space around the exercise bike; Use the present tooling for assembling; before assembling please check whether all needed parts are available. It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

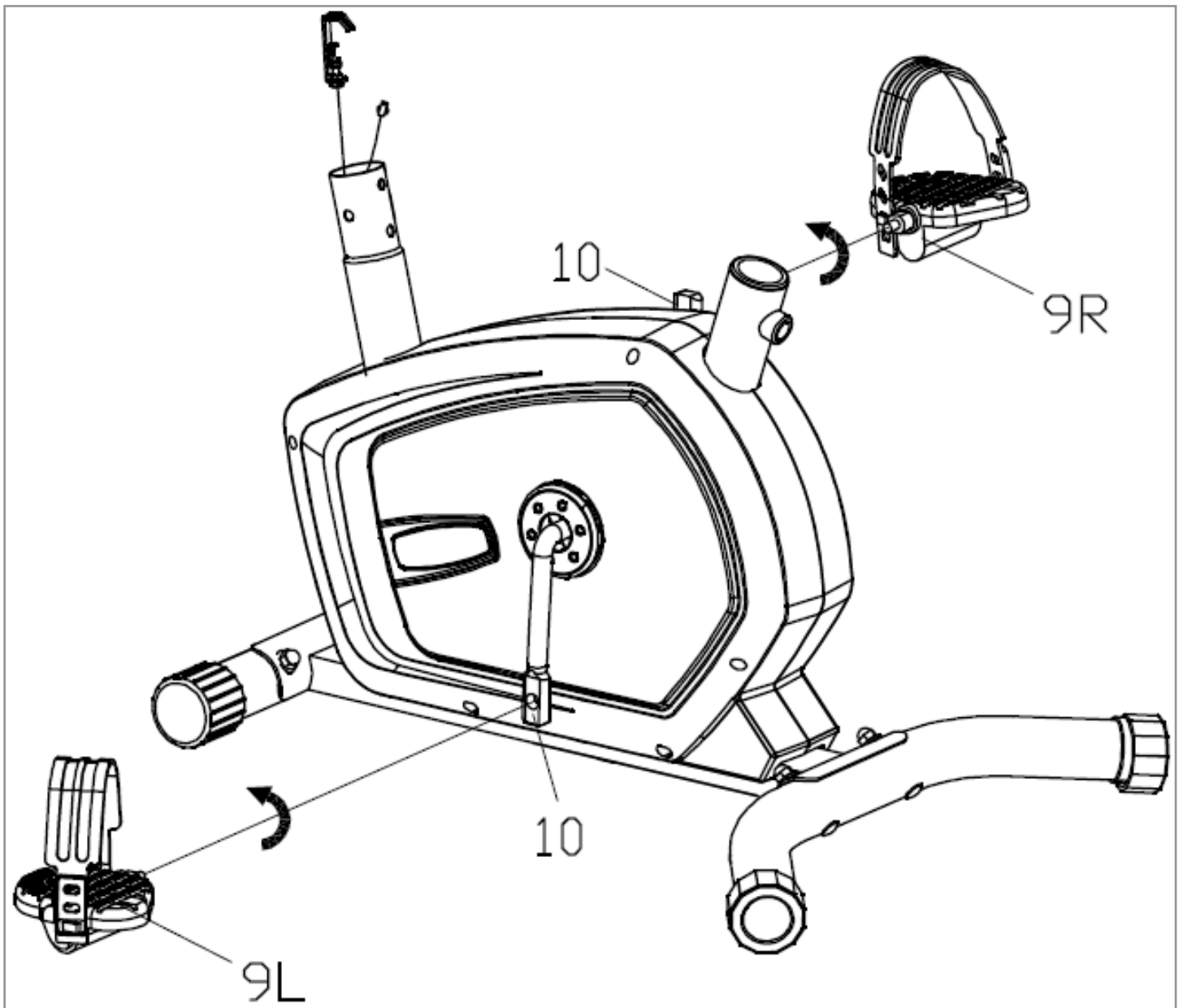
STEP 1



Install the Front and Rear Stabilizers:

Fix the Front stabilizer (2) and Rear stabilizer (3) to the Main frame (1) with the Carriage bolts (13), Arc washers (14) and Acorn nuts (15).

STEP 2

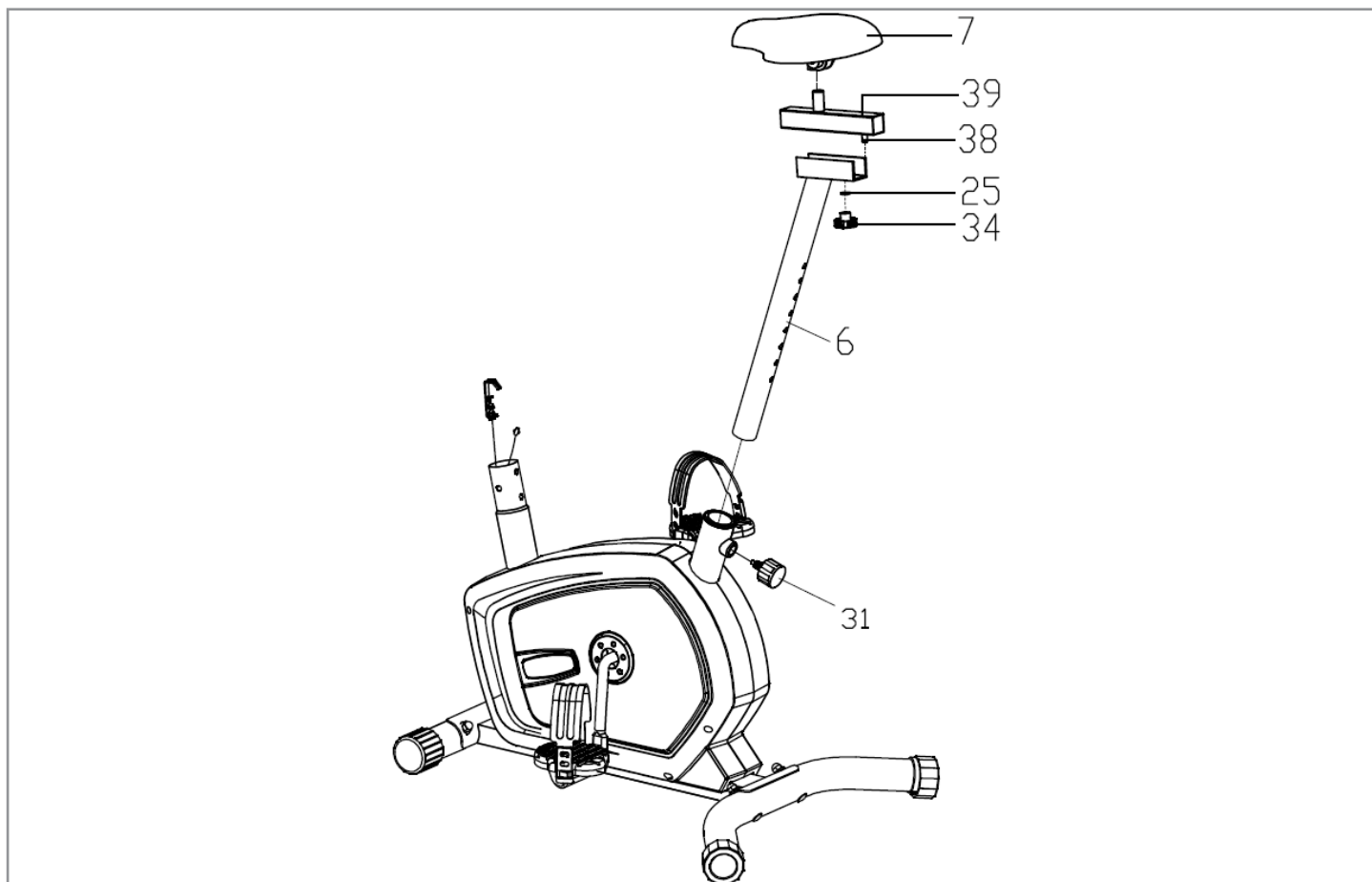
**Install the Pedals:**

I. Secure the Left and Right Pedals (9L/R) to the Crank (10) respectively, viewed from the rider's seated position.

NOTE: Both pedals are labeled "L" for left and "R" for right.

II. To tighten turn the left pedal counterclockwise and the right pedal clockwise.

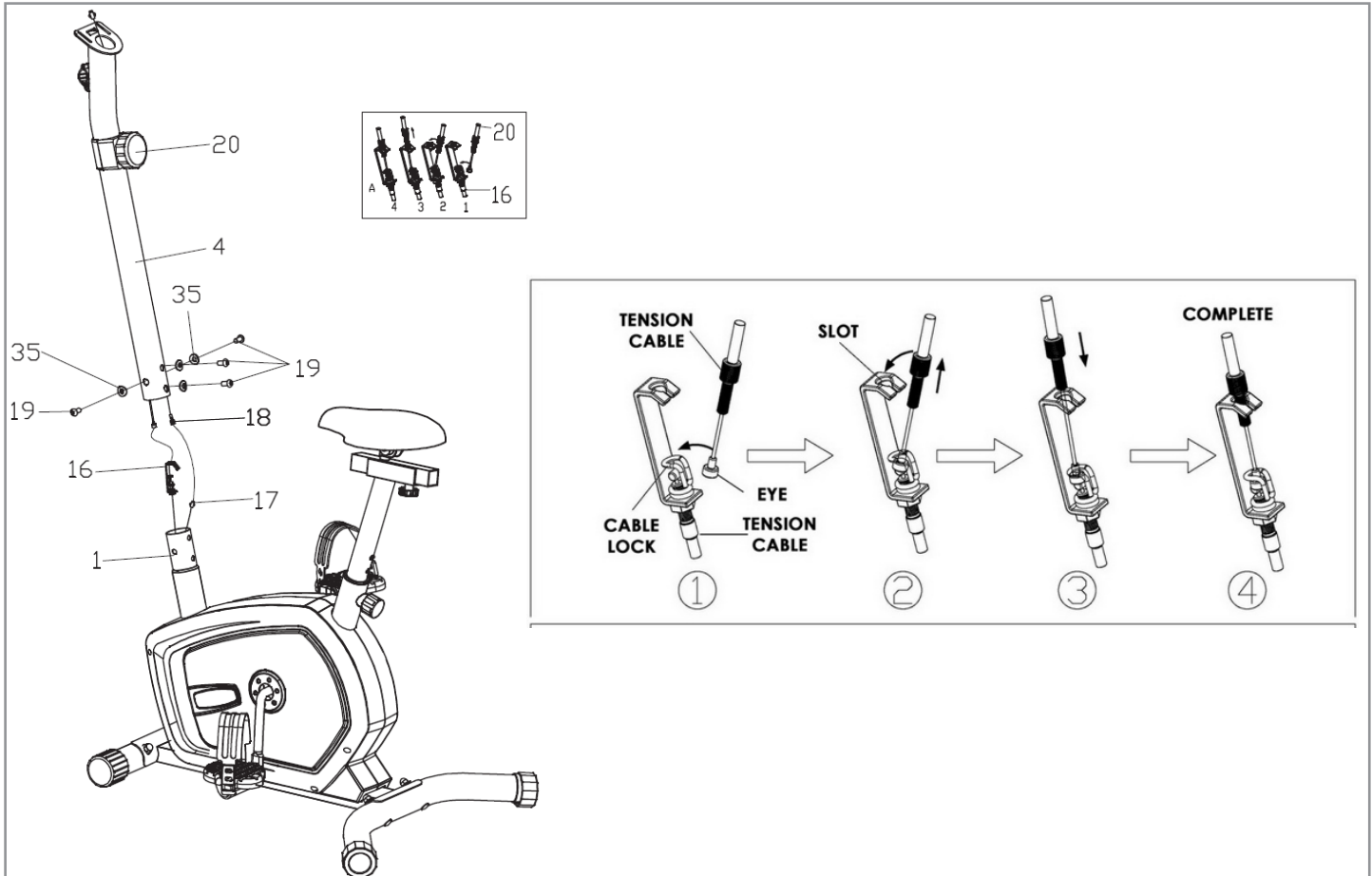
STEP 3

**Install the Saddle Post:**

- I. Place the Saddle (7) over the Horizontal Seat Post (39), secured in place with the Locking Nut under the Saddle;
- II. Attach the Horizontal Seat Post (39) with Saddle on it to the Saddle Post (6), and secured with the Knob Nut (34), Flat Washer (25) and U-Shaped Slider (38);
- III. Insert the Seat Post (6) into the Main Section, adjust to a proper position, secure in place with the Pop-pin Knob (31) as shown.

NOTE: Make sure the Saddle (7) has been secured fasten before getting on it. When adjusting the Height of Saddle post, the Maximum insert depth Mark line cannot be higher than the edge of the tube of the Main Frame section.

STEP 4



Install the Handlebar Post:

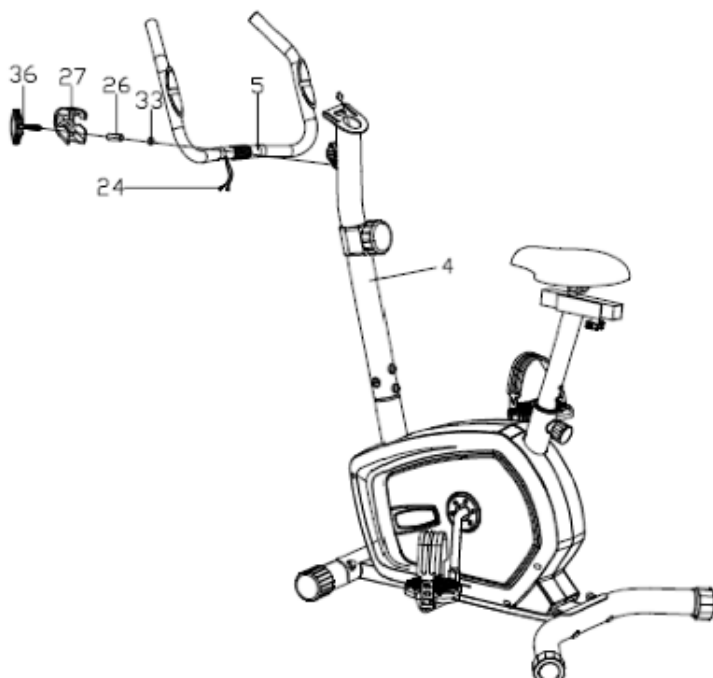
I. Connect the Sensor wire (17) to the Connective wire (18) coming out from the Handlebar post (4);

II. **Attention!** Set the Tension Controller (20) to position 1. Put the end of Tension controller (20) into the spring hook of Tension cable (16), pull the resistance cable of Tension controller (20) up and force it into the gap of metal bracket of Tension cable (16).

III. Finally, insert the Handlebar post (4) to the Main frame (1) and secure with the Allen bolts (19) and Arc washer (35).

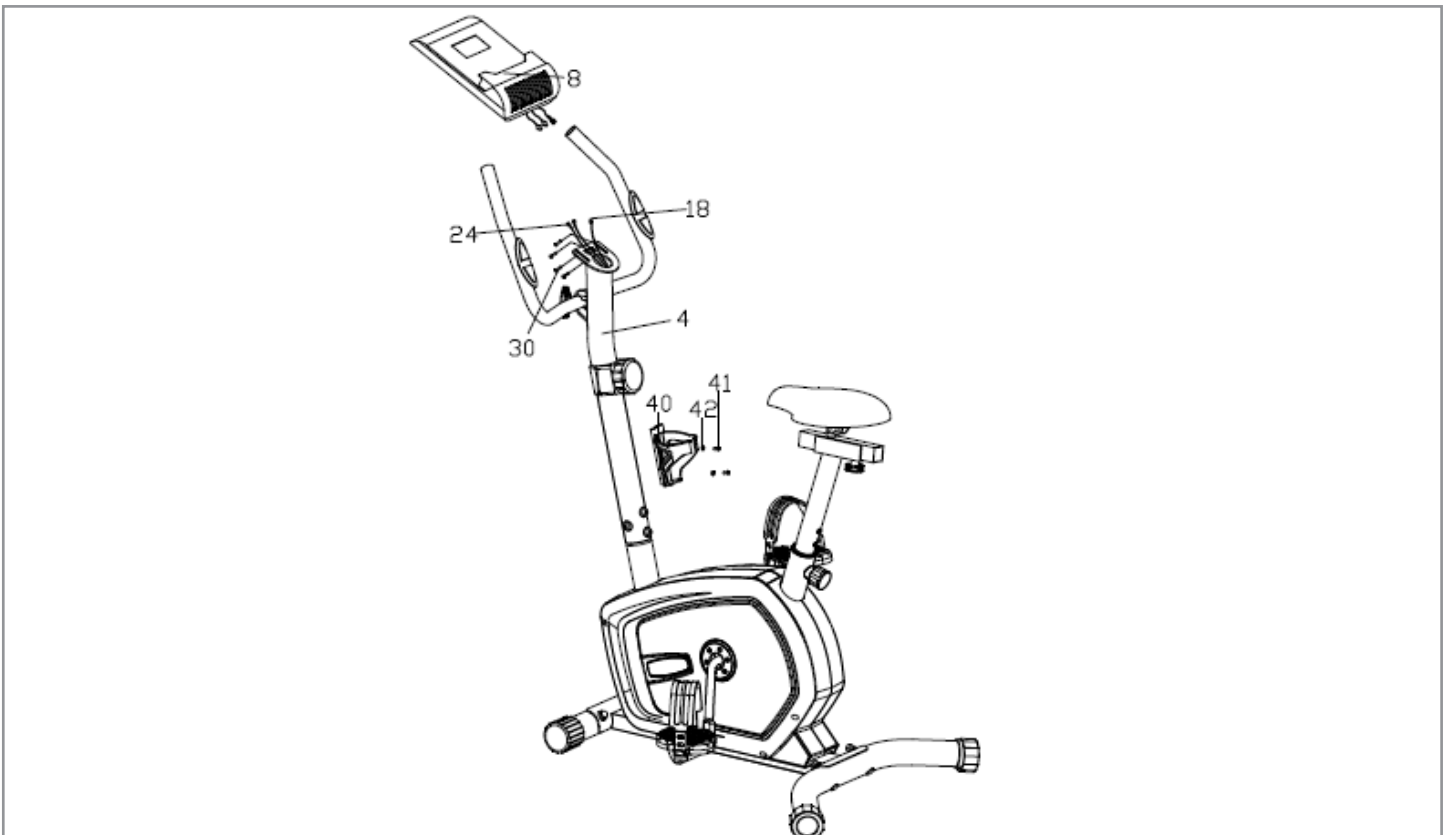
Ensure that all bolts and washers are in place and partially threaded in before completely tightening any one bolt.

STEP 5

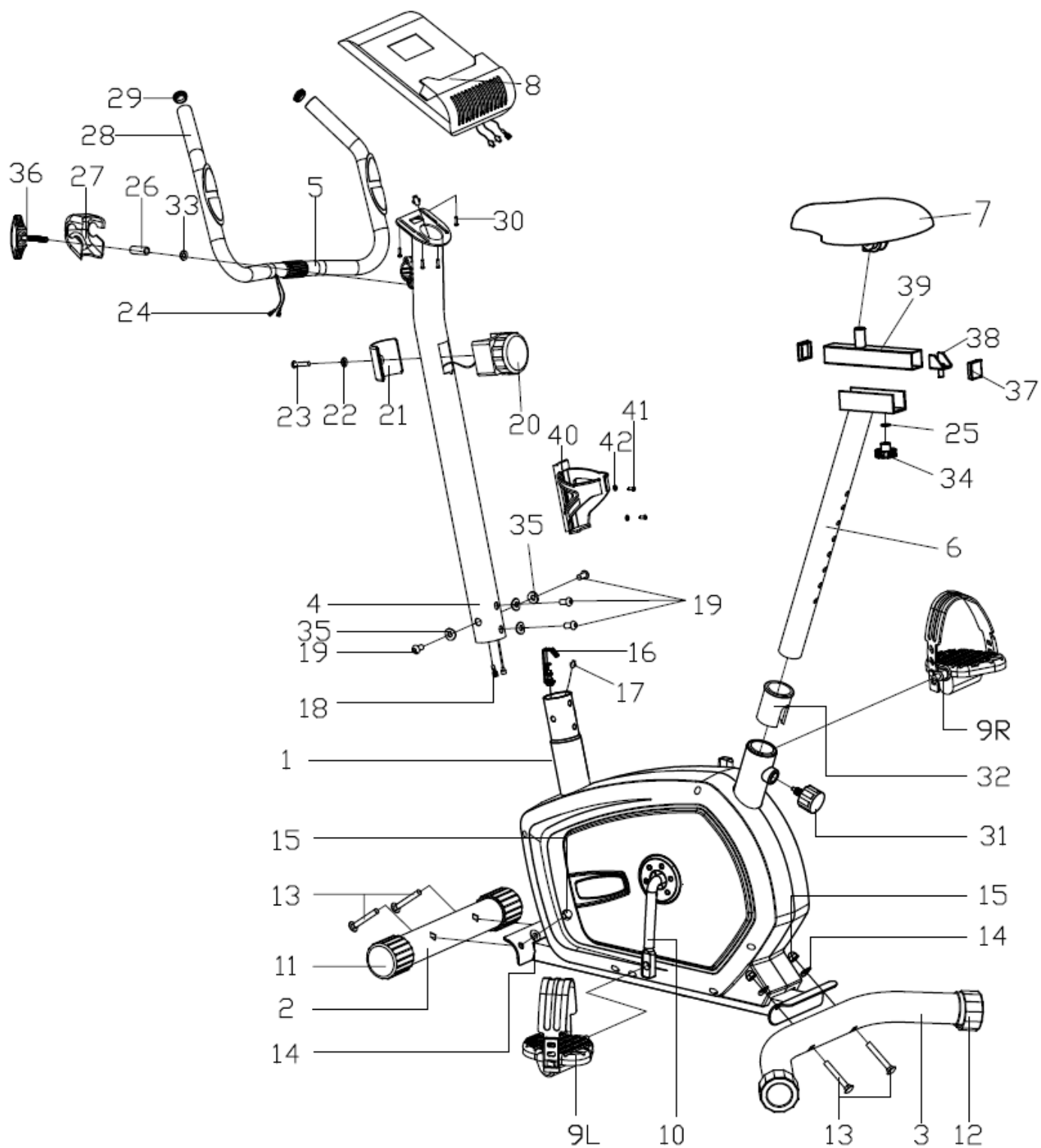
**Install the Handlebar:**

- I. Fit the Pulse sensor wires (24) through the hole of Handlebar post (4), and then pull out from top of the Handlebar post (4);
- II. Fit the Handlebar (5) across the Handlebar Post (4), secured in place with the T-Knob (36), Handlebar Clamp (27), Spacer (26) and Flat Washer (33) as shown.

STEP 6

**Install the Computer:**

- I. Connect the Pulse sensor wires (24) and Connective wire (18) to the wires coming out from the Computer (8), and then attach the Computer (8) to the Computer bracket with the Philips screws (30).
- II. Then tighten the bottle bracket(40) to the handlebar post(4) with philliphs screw(41)&flat washer(42).



Regular maintenance is important for optimal operation and to reduce wear. During use, regularly check all parts of the exercise bike and tighten them securely. Replace worn parts immediately by contacting the manufacturer. Use a damp cloth and a little soft soap to clean the exercise bike.

IMPORTANT: keep liquids away from the control panel to prevent damage. Keep the control panel away from direct sunlight.

PROBLEM SOLUTIONS

Squeaky exercise bike

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.

Ticking noise when pedaling

This is probably caused by one of the pedals. Disassemble the trapper (s) and then reattach them to the device. Be careful, the left-hand trapper has to be turned counterclockwise to tighten, the right-hand trapper clockwise. Tighten the pedals securely. If this does not offer the solution, report this to the supplier.

Heart rate display does not work

This can have various causes.

- I. The sensor cables running from the heart rate sensor to the display are incorrectly fitted or have come off during use.
- II. It may be that the sensors have become damp, dirty or greasy, clean them regularly.

The console doesn't work

If the console isn't working the batteries may be empty. Replace the batteries.

Are there any other problems? Please contact your dealer.

Nummer	Omschrijving	Aantal
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Handlebar post	1
5	Handlebar	1
6	Saddle post	1
7	Saddle	1
8	Computer	1
9L / R	Pedal	1 paar.
10	Crank	1
11	Front stabilizer end cap	2
12	Rear stabilizer end cap	2
13	Carriage bolt M10x57	4
14	Arc washer D10xφ25x1.5xR28	4
15	Acorn nut M10	4
16	Tension cable	1
17	Sensor wire	1
18	Connective wire	1
19	Allen bolt M8x15	4
20	Tension controller	1
21	Tension controller rear cover	1
22	Flat washer D5	1
23	Phillips screw M5x40	1
24	Pulse sensor wire	2
25	Arc washer D10	1
26	Spacer	1
27	Handlebar Clamp	1
28	Foam grip	2
29	Handlebar Round End cap	2
30	Philips screw	4
31	Pop-pin Knob	1
32	Plastic bushing	1
33	Flat washer D8	1
34	Knob Nut	1
35	Arc washer D10xφ25x1.5xR25	4
36	T-knob	1
37	Square End Cap	2
38	U-Shaped Slider	1
39	Horizontal saddle post	1
40	Bottle bracket	1
41	Phillips screw	2
42	Flat washer	1

DISPLAY FUNCTION BUTTONS



MODE	Press "MODE" to select the desired function "TIME", "SPEED", "DISTANCE", "ODOMETER", "CALORIES" en "PULSE"
SET	Set the values for: "TIME", "DISTANCE" and "CALORIES"
CLEAR (RESET)	With this button you can reset the value to zero
ON/OFF (START/STOP)	Start or Stop your workout
AUTO ON/OFF	<p>-The device is switched on as soon as you press any button or when you start cycling</p> <p>- The device is automatically switched off if you do not use the keys for 4 minutes or you stop exercising.</p>
RESET	By holding down the reset button for 3 seconds you can clear the settings.
MODE	Press the MODE button to select a desired function.

FUNCTIONS

TIME	Workout time during your exercise Range 0:00 ~ 99:59
SPEED (SPD)	Workout speed during your exercise Range 0.0 ~ 99.9 KM/H
DISTANCE	Workout distance during your exercise Range 0.0 ~ 9999 KM
CALORIES	Burned calories during your exercise Range 0 ~ 999 KCAL
PULSE (PUL)	Heart rate during your exercise 40 ~ 240 BPM
ODOMETER (ODO)	Automatically counts the total distance of all training sessions 0.0 ~ 9999 KM

EXPLANATION OF THE FUNCTIONS

TIME	Press the MODE button until TIME is displayed. The time measured from the beginning of the exercise is displayed.
SPEED	Press the MODE button until SPEED is displayed. The current speed during the exercise is displayed.
DISTANCE	Press the MODE button until DISTANCE is displayed. The distance traveled during the exercise is displayed.
CALORIES	Press the MODE key until CALORIES is displayed. The number of calories burned during the exercise are displayed.
ODOMETER	Press the MODE button until ODOMETER is displayed. The total distance of all training sessions is displayed.
PULSE	Press the MODE key until PULSE is displayed. Shows your heart rate. To measure your heart rate, place your hands on the two contact surfaces. The most accurate heart rate is displayed after 30 seconds. This measurement can not be taken as a basis for medical treatment.

SET TRAINING GOALS

TIME GOAL

- Select the TIME function by pressing the MODE key. To set the time, press the SET button. Press SET to increase the target value. If you have set the time goal, it starts counting automatically.

- Press RESET shortly to reset the time goal. Press MODE to set the next optional target.

DISTANCE GOAL

- Select the DISTANCE function by pressing the MODE key. To set the distance, press the SET key. Press SET to increase the target value. If you have set the distance goal, it starts counting automatically.

- Press RESET shortly to reset the distance target. Press MODE to set the next optional target.

CALORIES GOAL

- Select the CALORIES function by pressing the MODE key. To set the number of calories, press the SET button. Press SET to increase the target value. If you set the calories target, it starts counting automatically.

- Press RESET shortly to reset the calorie target. Press MODE to set the next optional target.

If you keep the SET key pressed when setting the target value, the target value will accelerate.

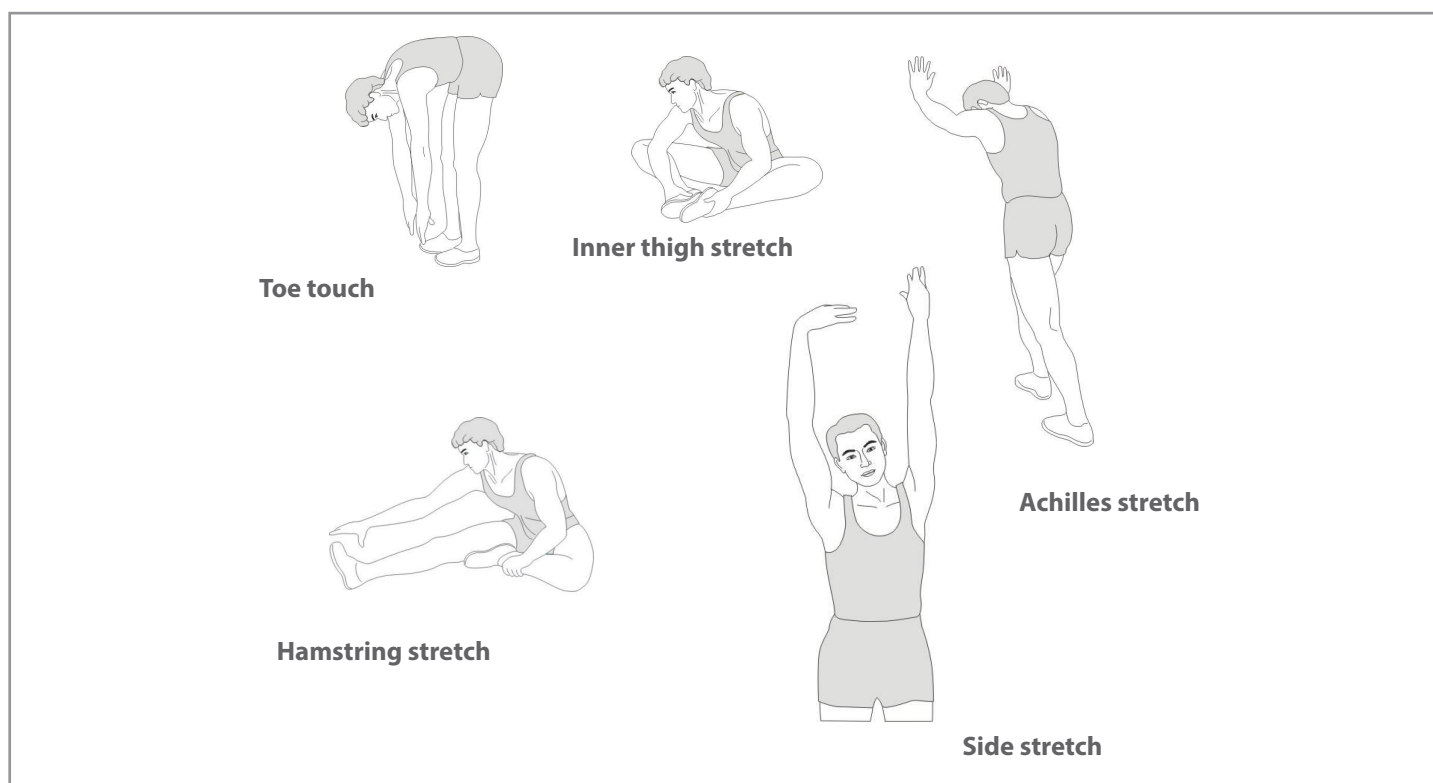
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-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.

STRETCHING

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. **DO NOT BOUNCE.**



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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E service@fitnessbenelux.nl
W www.fitnessbenelux.nl