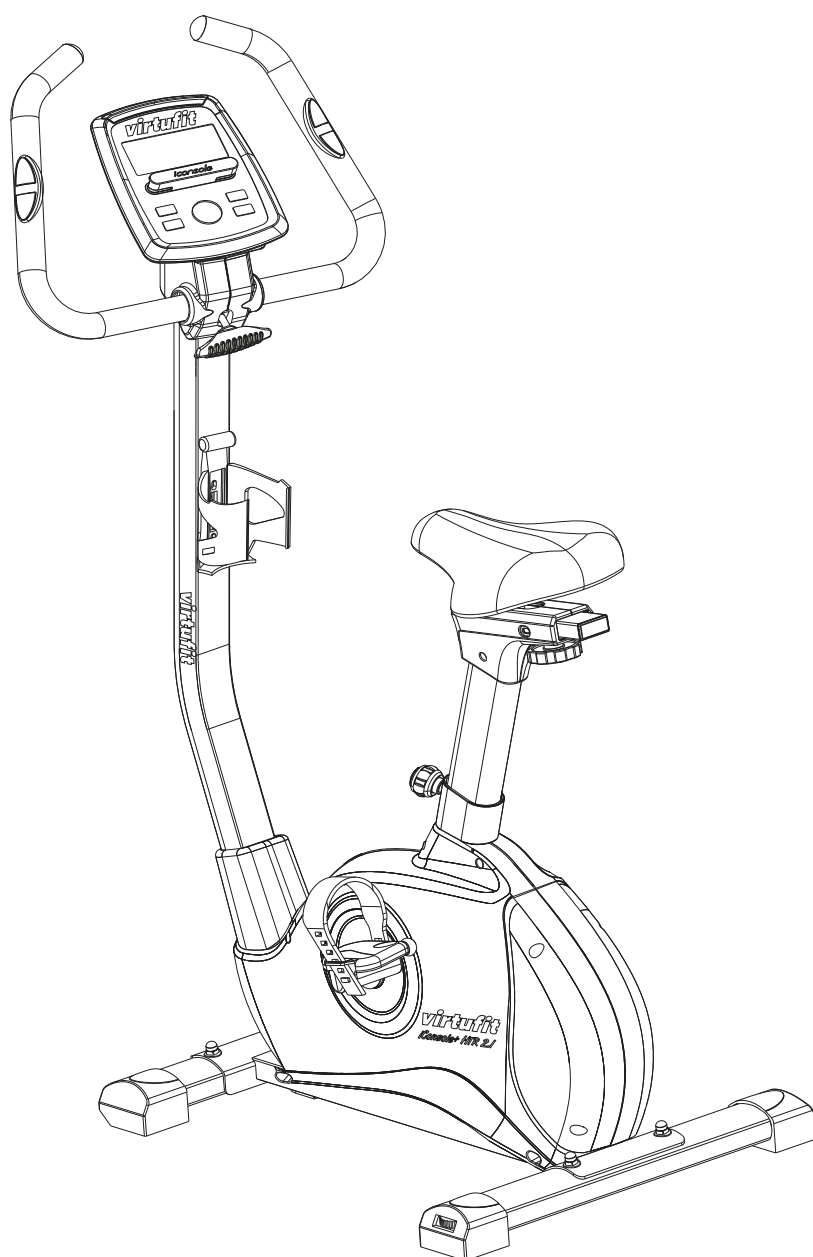


virtu^{fit}

iConsole HTR 2.1 Hometrainer

User manual



Safety Instruction	3
Check List	4-5
Assembly Instruction	6-12
Exploded Drawing	13
Parts List	14-16
Computer Instruction	17-23
iConsole+ App	24
Training Instruction	25

Before you start training on your hometrainer, please read the instructions carefully. Be sure to keep the instructions for information, in case of repair and for spare part delivery.

This hometrainer is made for home use only and tested up to a maximum body weight of 150 kg.

Follow the steps of the assembly instructions carefully.

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

Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition. Replace broken 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.

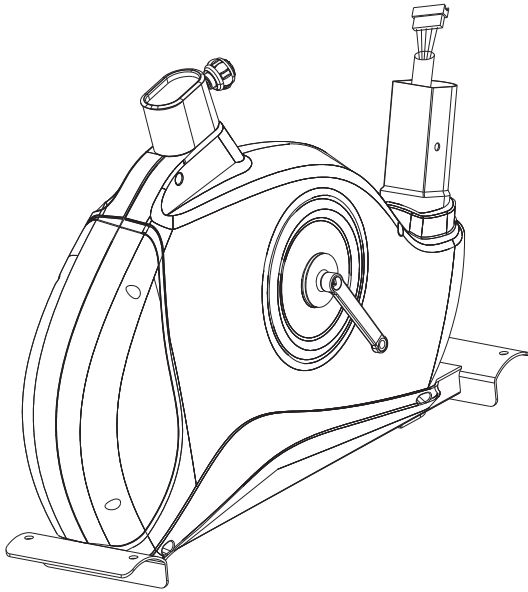
Avoid the use of aggressive detergents when cleaning the home exerciser.

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

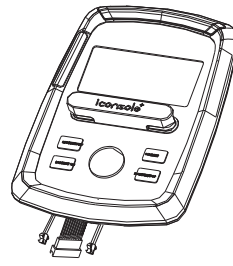
For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to. The hometrainer is designed for adults. Please ensure that children use it only under the supervision of an adult.

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

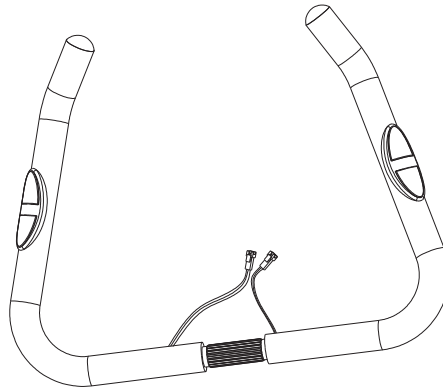
Consult your physician before starting with any exercise program. He or she can advise on the kind of training and which impact is suitable.



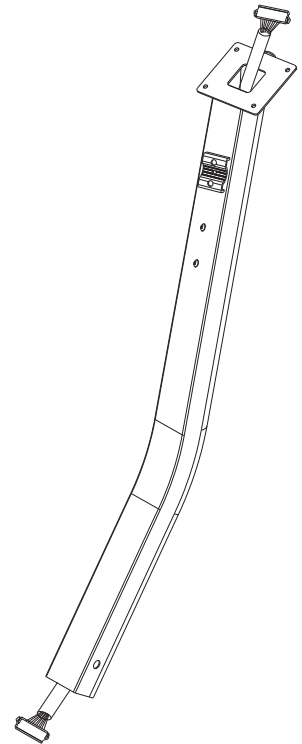
Main frame



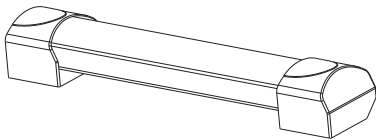
Computer



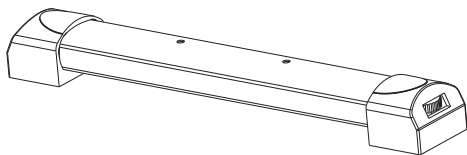
Handlebar



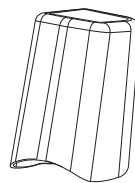
Handlebar Post



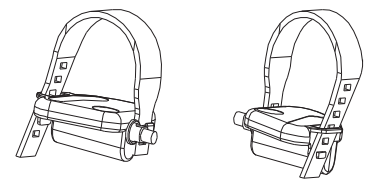
Front Stabilizer



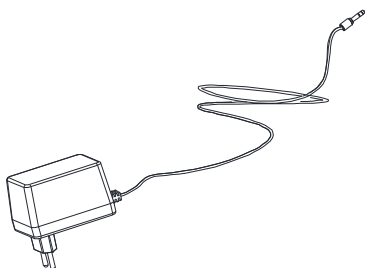
Rear stabilizer



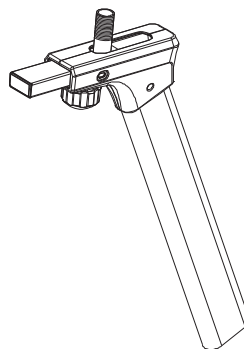
Plastic cover



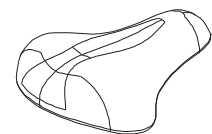
Pedal (Left)
Pedal (Right)



Adapter

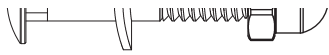


Seat post

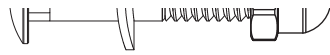


Saddle

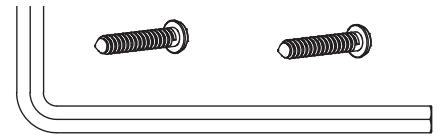
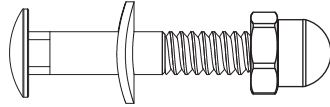
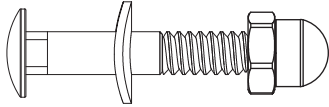
TOOL KIT



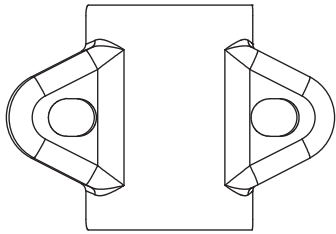
NO 63x4



NO 64*4



NO 94



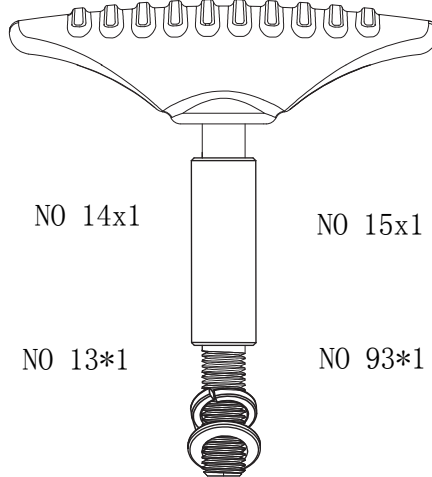
NO 11*1



NO 12*1



NO 14*1

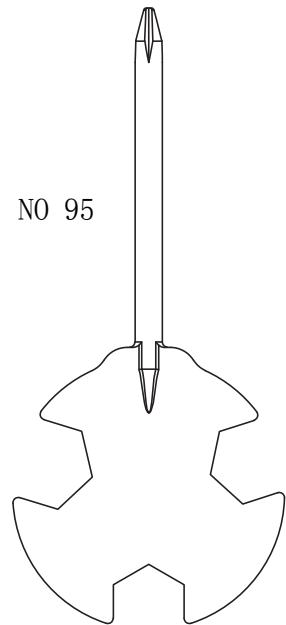


NO 14x1

NO 15x1

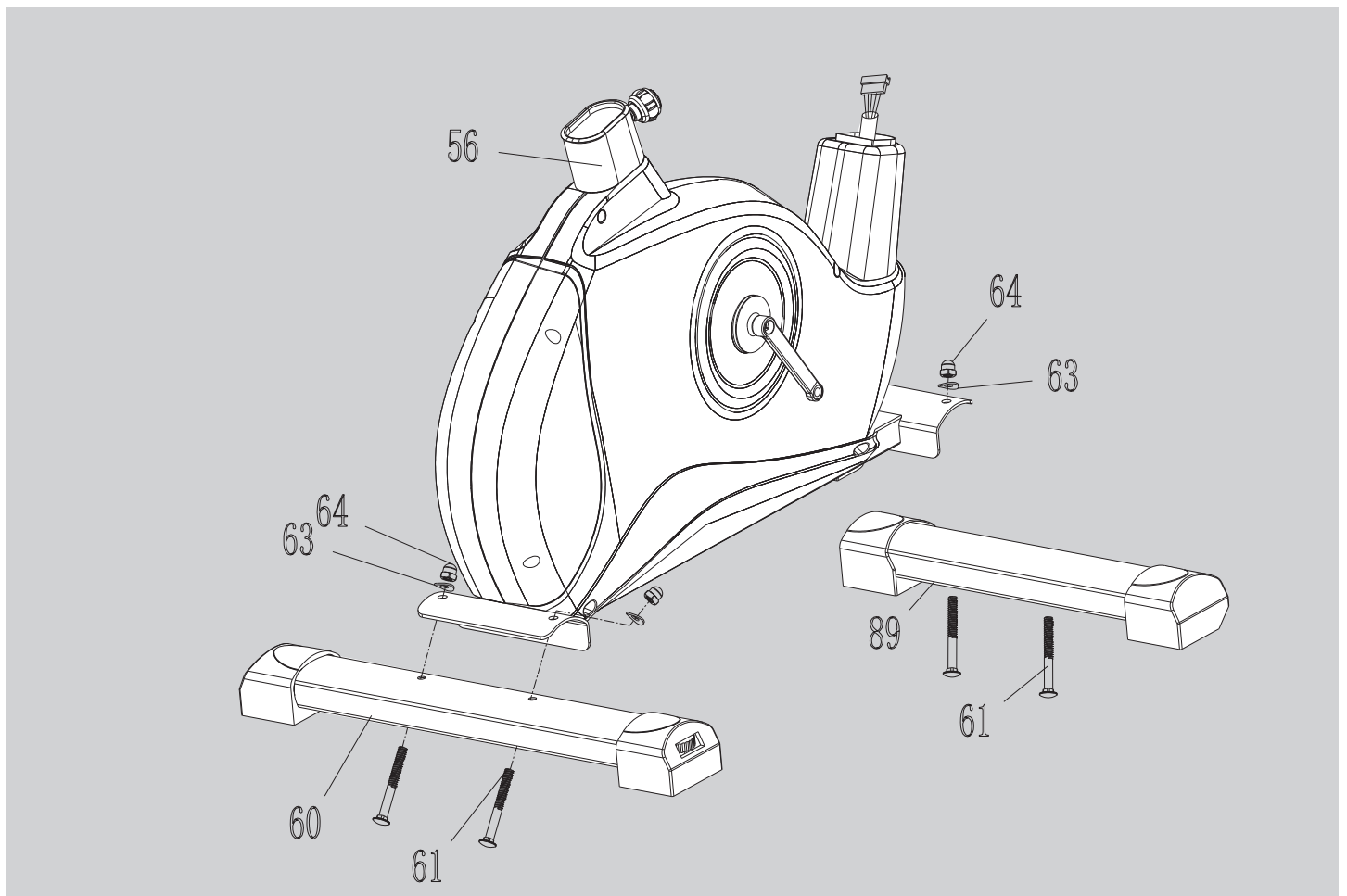
NO 13*1

NO 93*1



NO 95

STEP 1

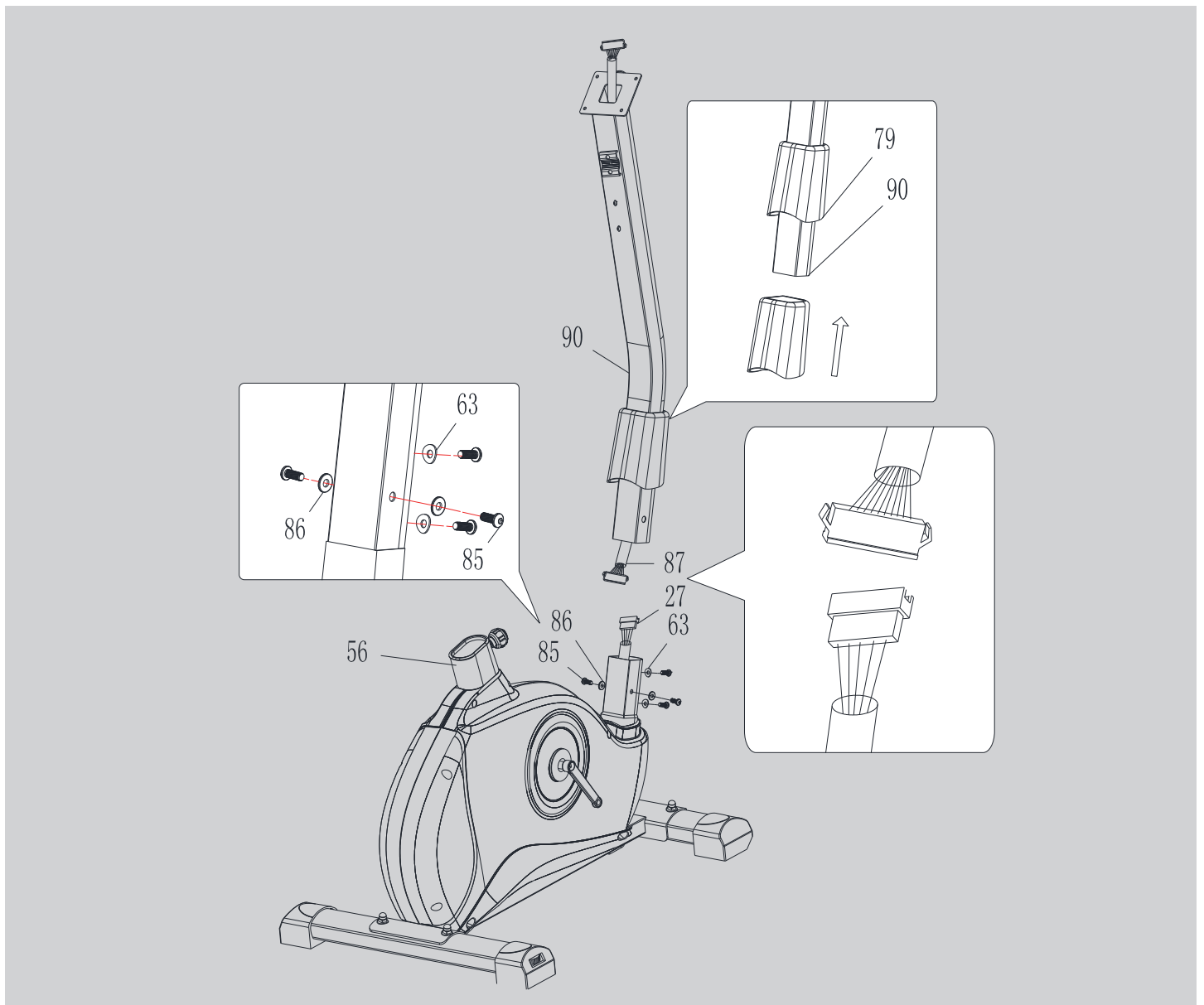


I. Attach the Front Stabilizer (89) onto the Main Frame (56) with 2×M8 Screws (61), Curved washer (63) and Cap nut (64) .Tighten fully.

II. Attach the Rear Stabilizer (60) onto the Main frame (56) with 2×M8 Screws (61). Curved washer (63) and Cap nut (64) Tighten fully.

Note: You can adjust the Rear End Cap to keep the hometrainer stable.

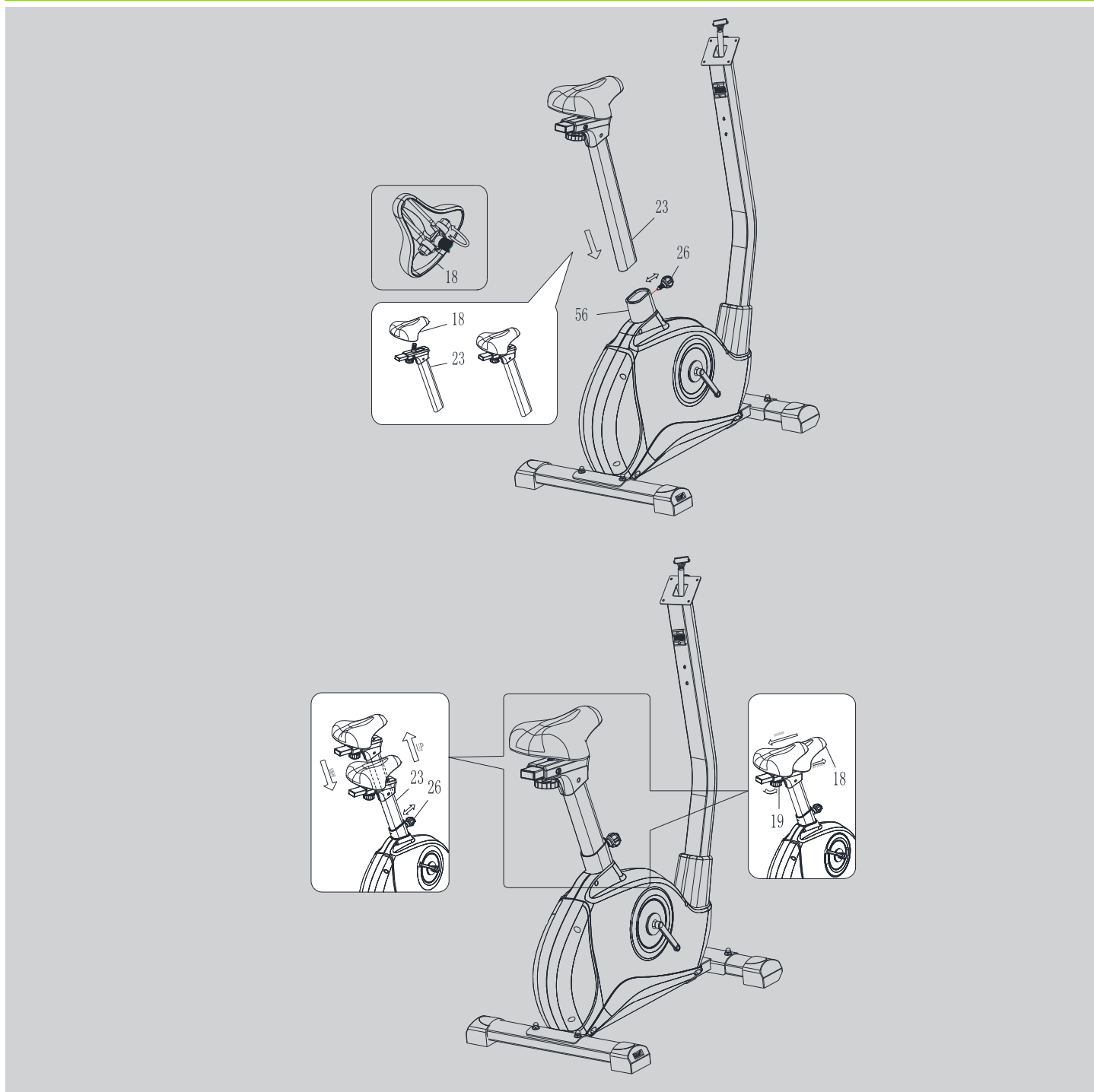
STEP 2



I. Carefully lift the Handlebar Post (90) until it is vertical. And slide onto the plastic cover (79).
Connect the upper Tension Cable (87) and Lower Tension Cable (27)

II. Attach the Handlebar Post (90) onto the Main Frame (56) with 4×M8×20mm Anti-loose Allen Bolt (85),
2×M8 curved Washers (86) and 2×M8 flat Washers (63).

STEP 3

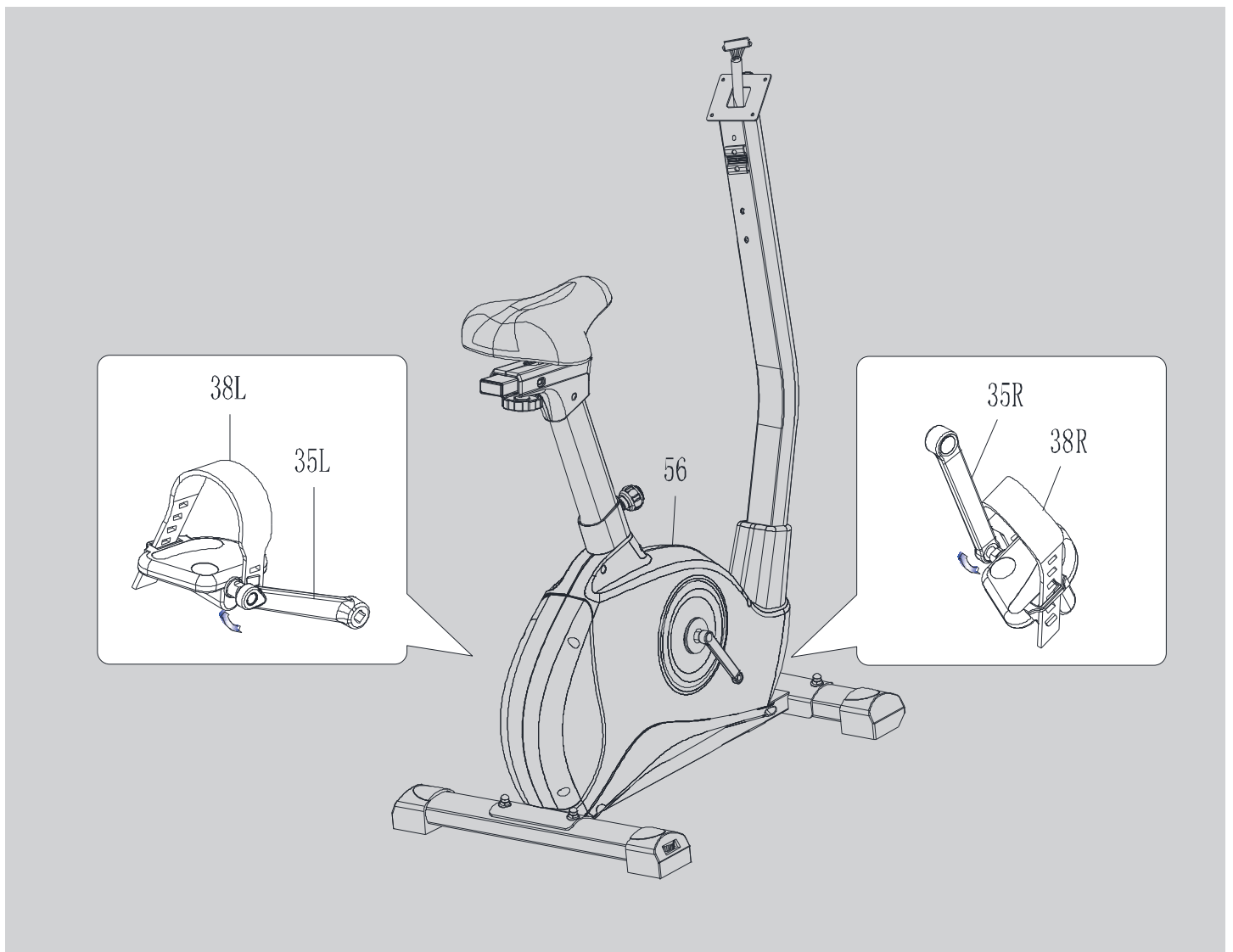


Assemble the saddle (18) to the adjustable seat post (23). Place the Seat Post (23) into the Main Frame (56), set it at the desired position and lock it by inserting the bolt with the Quick Release (26) in place and tighten fully. The saddle can be adjusted forward and backward by turning the knob (19)

The setting of the seat post can be adjusted easily as desired later through turning and pulling the quick release (26).

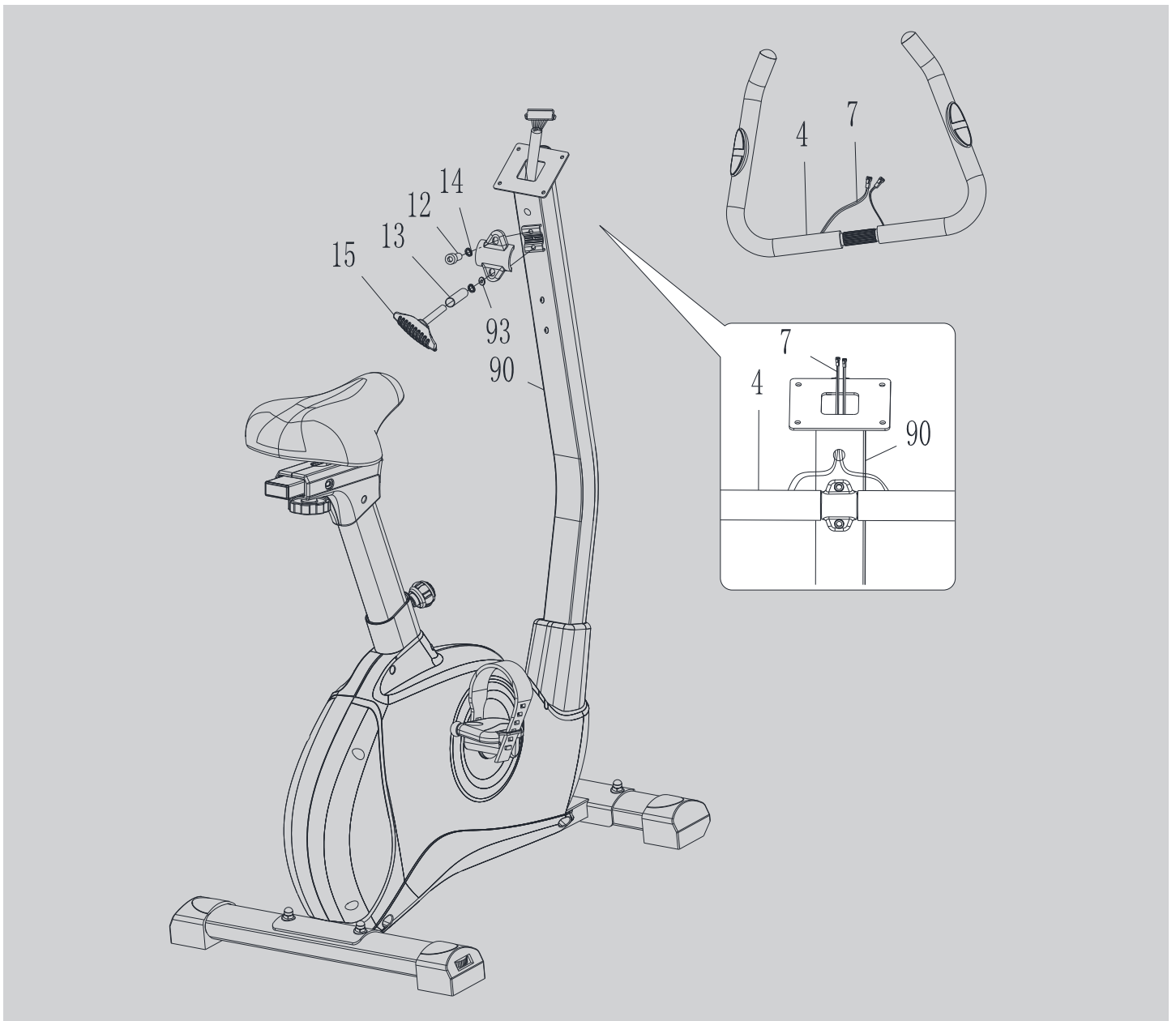
Furthermore, you must ensure when setting this desired position that the seat pillar is not pulled out of the main frame further than the highest setting position, which is marked.

STEP 4



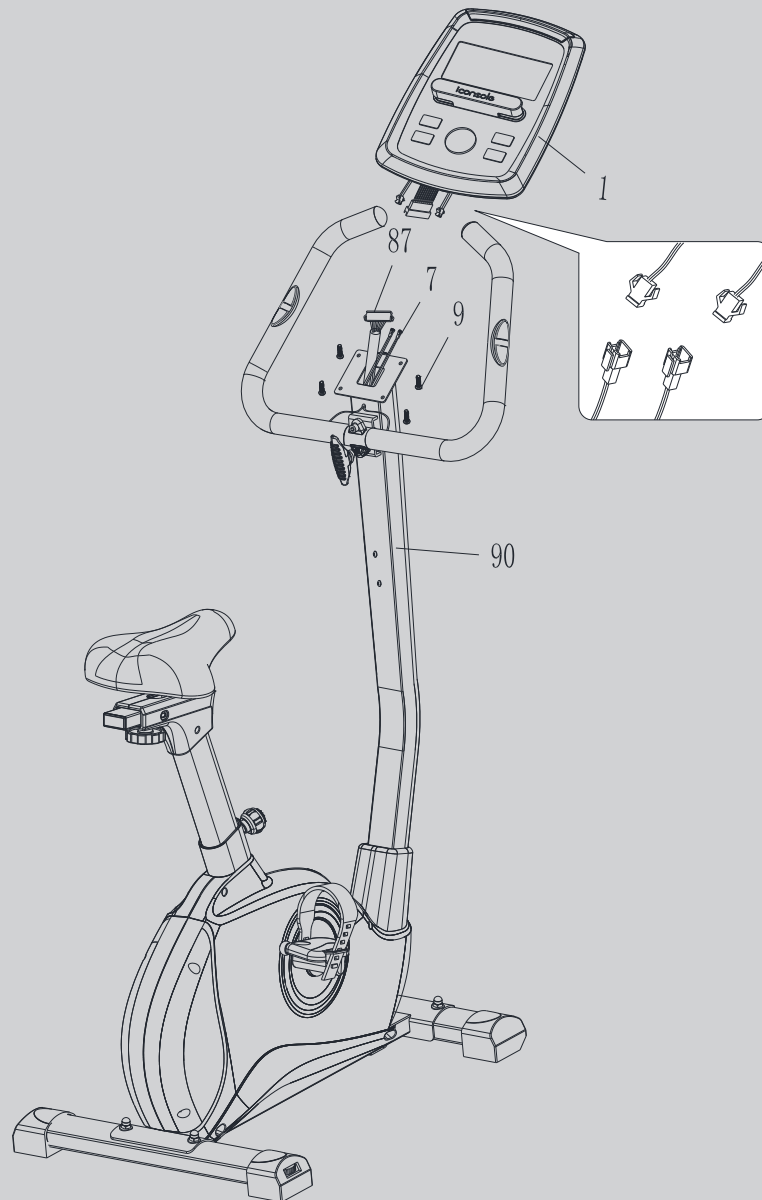
Assemble the pedals (38L+R) to the crank (35L+R).

STEP 5



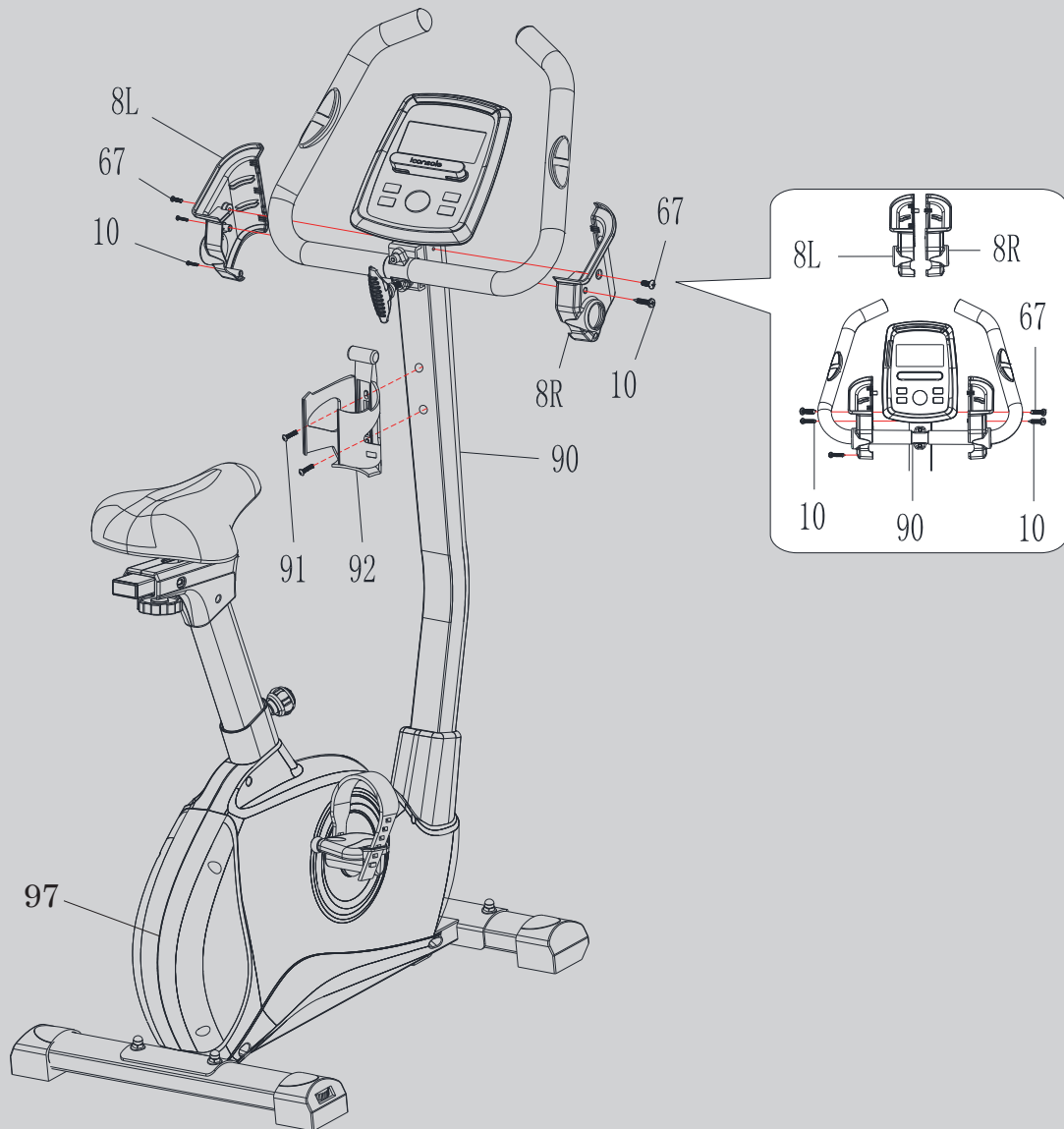
Attach the Handlebar (4) onto the Handlebar Post (90) with Washer (96), Spring washer (93), Tube Spacer (14), Plastic Cover (12) and Knob (15). Also tighten the Spring Washer (14) and Round head hex screw (12) Hand Pulse Cable over the Computer Bracket. Tighten fully.

STEP 6

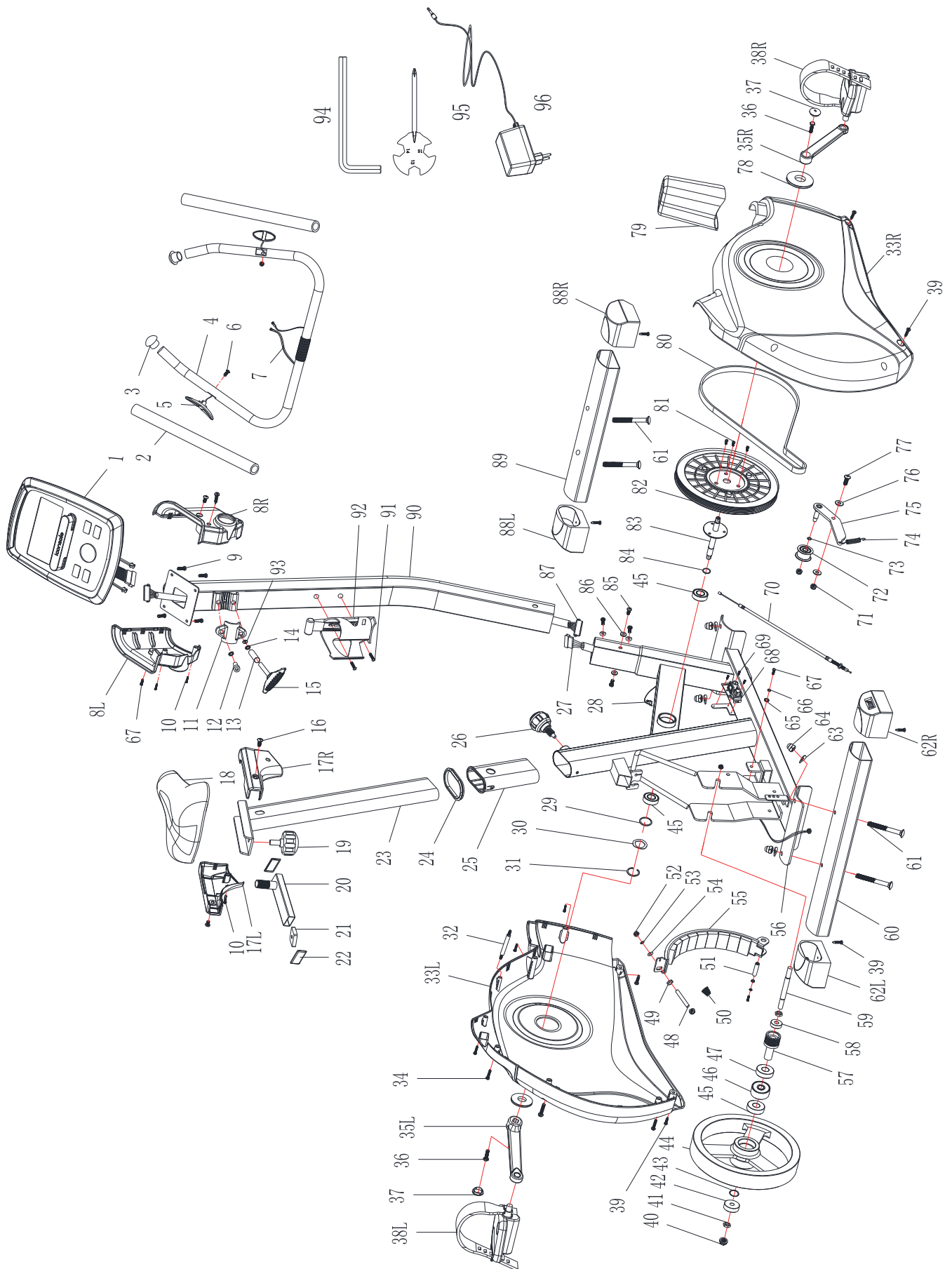


Remove the 4 pre-fitted screws (9) from the back of the computer. Connect the computer link cable and the computer (1). Sit the computer (1) onto its bracket and secure in place using the 4x screws (9) previously removed. Insert the plug of hand pulse cable (7) to the jack of the computer (1) backside.

STEP 7



Attach the computer bracket (8L+R) onto the Main Post (90) using screws (67) and self-tapping screws (10). Attach the box holder(92) onto the Main Post (90) using screws (91). Connect the adapter, the adapter input (97) is on the back of the device.

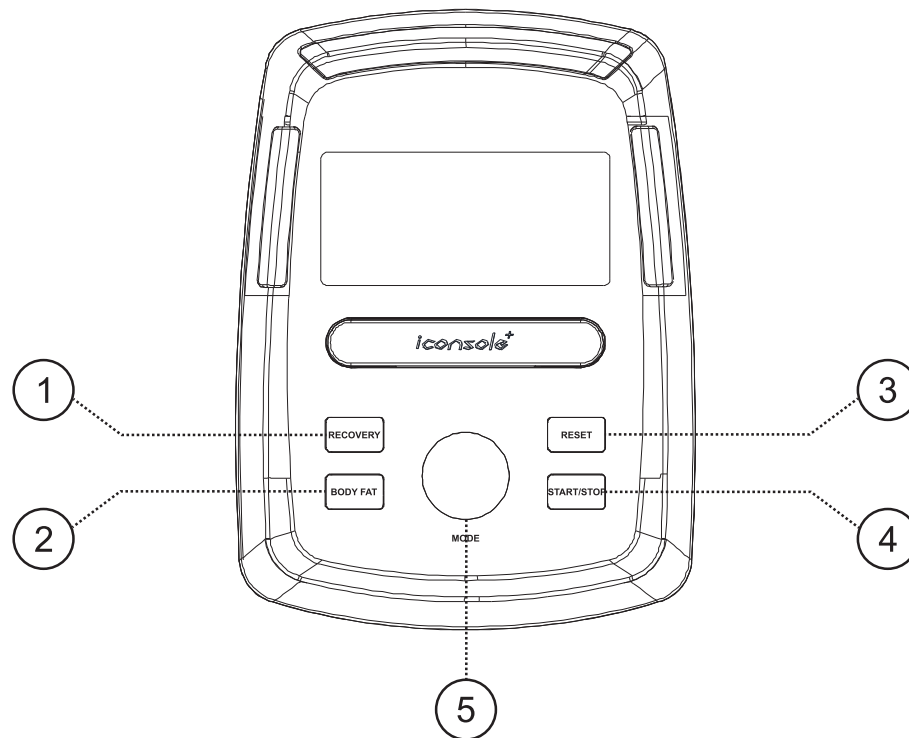


Part	Description	Quantity
1	Computer	1
2	Sponge Foam	2
3	End cup	2
4	Handlebar	1
5	Hand pulse pads	2
6	Self-tapping screw	2
7	Hand pulse cable	2
8L	5204 computerbracket L	1
8R	5204 computerbracket R	1
9	Screw	4
10	Self-tapping screw	4
11	End cap	1
12	Screw	1
13	Tube spacer	1
14	Washer	2
15	T shpar knob	1
16	Screw	2
17L	seat post plastic cover L	1
17R	seat post plastic cover R	1
18	Saddle	1
19	Round head hex screw	1
20	Slide tube	1
21	Slide tube hold-down nut	1
22	Square tube end cap	2
23	Seat post	1
24	Gasket ring	1
25	Ellipse bushing	1
26	Knob	1
27	Upper computer cable	1
28	Sensor	1
29	Flat washer	1
30	Curved washer	1
31	C shaped knob	1
32	Joint lever	1
33L	5204 Chain Cover(L)	1
33R	5204 Chain Cover(R)	1
34	Self-tapping screw	5
35L	Crank L	1
35R	Crank R	1
36	Screw	2
37	Crank end cup	2
38L	Pedal L	1
38R	Pedal R	1

Part	Description	Quantity
39	Screw	8
40	Nut	2
41	Hex Nut	2
42	Bearing 6300RS	2
43	Flat Washer	1
44	Magnet flywhele	1
45	Bearing 6003RS	3
46	Bearing	1
47	Bearing 6003RS	1
48	Bushing	1
49	Hex Nut	1
50	Spring	1
51	Idler axle	1
52	Cap nut	2
53	Flat Washer	1
54	Plastic Washer	1
55	Flywheel Frame	1
56	Frame	1
57	wheels	1
58	Bearing	1
59	Magnet flywheelarbar	1
60	Rear stabilizer	1
61	Screw	4
62L	Pedal L	1
62R	Pedal R	1
63	Waved washer	6
64	Cap nut	4
65	Flat Washer	2
66	Spring washer	2
67	Screw	2
68	Motor	1
69	Screw	6
70	Wire	1
71	Nut	1
72	Idler	1
73	Curved washer	2
74	Spring	1
75	Idler axle	1
76	Flat washer	2
77	Anti-loose Allen Bolt	1
78	Crank tapped hole	2
79	Main post plastic cover	1
80	Belt	1

Part	Description	Quantity
81	Anti-loose Allen Screw	3
82	φ 240 belt wheel	1
83	Pedal Axle	1
84	Washer	2
85	Screw	4
86	Flat Washer	4
87	Upper sensor cable	1
88L	Front end cap L	1
88R	Front end cap R	1
89	Front stabilizer	1
90	Main post	1
91	Screw	2
92	Bottle cage	1
93	Flat Washer	1
94	Allen Key	1
95	Wrench	1
96	Adapter	1

KEY FUNCTION



1. Recovery

Test heart rate recovery status.

2. Body fat

Test body fat% and BMI.

3. Reset

- Hold on pressing for 2 seconds, computer will reboot and start from user setting.
- Reverse to main menu during presetting workout value or stop mode.

4. Start/ Stop

Start or Stop workout.

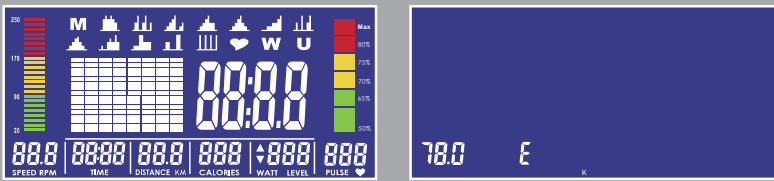
5. Encoder

- Increase / Decrease Value.
- Confirm / Setting selection.

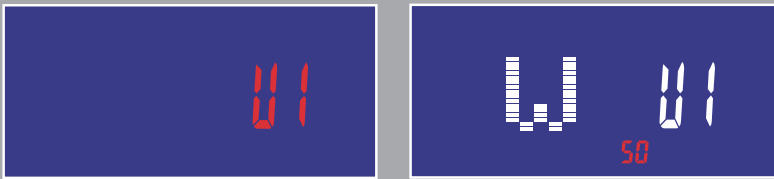
DISPLAY FUNCTIONS

TIME	Workout time displayed during exercise. Range 0:00 ~ 99:59
SPEED	Workout speed displayed during exercise. Range 0.0 ~ 99.9
DISTANCE	Workout distance displayed during exercise. Range 0.0 ~ 99.9
CALORIES	Burned calories during workout display. Range 0 ~ 999
PULSE	Pulse bpm displayed during exercise. Pulse alarm when over preset target pulse.
RPM	Rotation per minute Range 0 ~ 999
WATT	Workout power consumption In Watt Program mode, computer will remain preset watt value (setting range 0~350)
MANUAL	Manual mode workout.
PROGRAM	12 PROGRAM selections.
USER	User creates resistance level profile.
H.R.C.	Target HR training mode.
RECOVERY	Heart rate recovery status
BODY FAT	Body fat measurement.
WATTS	Workout power consumption. Range 10 ~ 350.

OPERATION

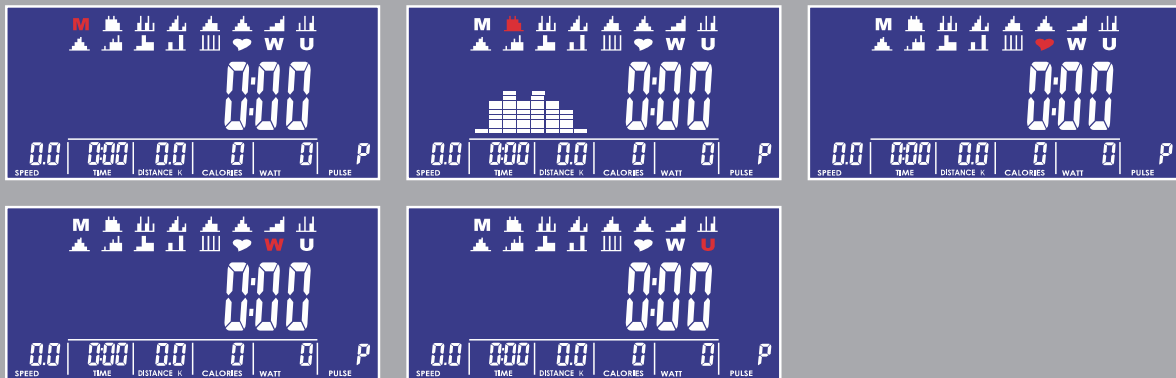


1. Insert the plug into the socket (or hold "RESET" for 2 seconds), the display will light up and you will hear a beep.



2. By turning the knob you select a user profile 1-4. You can confirm a profile by clicking on the round button. Then by turning the knob you can enter your gender. Press the round button to confirm. This also applies to your age, height and weight. Then go to programs.

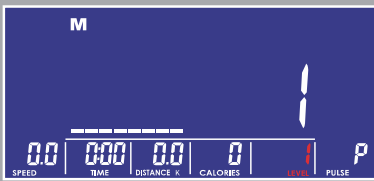
You can also start quickly by pressing the "START" button directly. You come directly into the manual program. Increase the resistance by turning the knob.



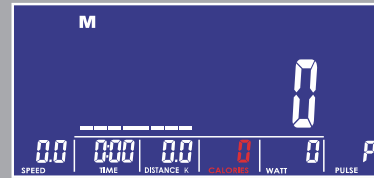
3. By turning the round button you select which program you want, you can see this by the flashing logo at the top of the screen.

The M stands for Manual. You can adjust the resistance yourself in the program. Press "START" to select a program. You can select different programs by turning the rotary knob. Press "START" to start the program. Do you want to adjust the program on time or on a desired calorie number? Then press the round button firstly. You can increase/decrease the one that is flashing by turning the button. Press the button to confirm. Press "START" to start the program.

With the manual program you can set different values. With the pre-programmed programs you can only set the time value.



4-1



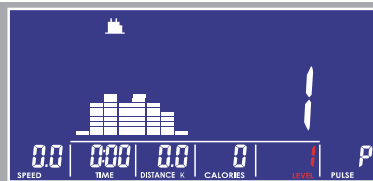
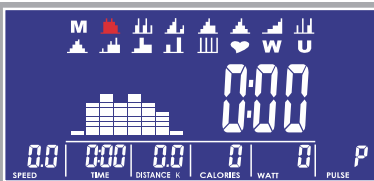
4-2



4-3

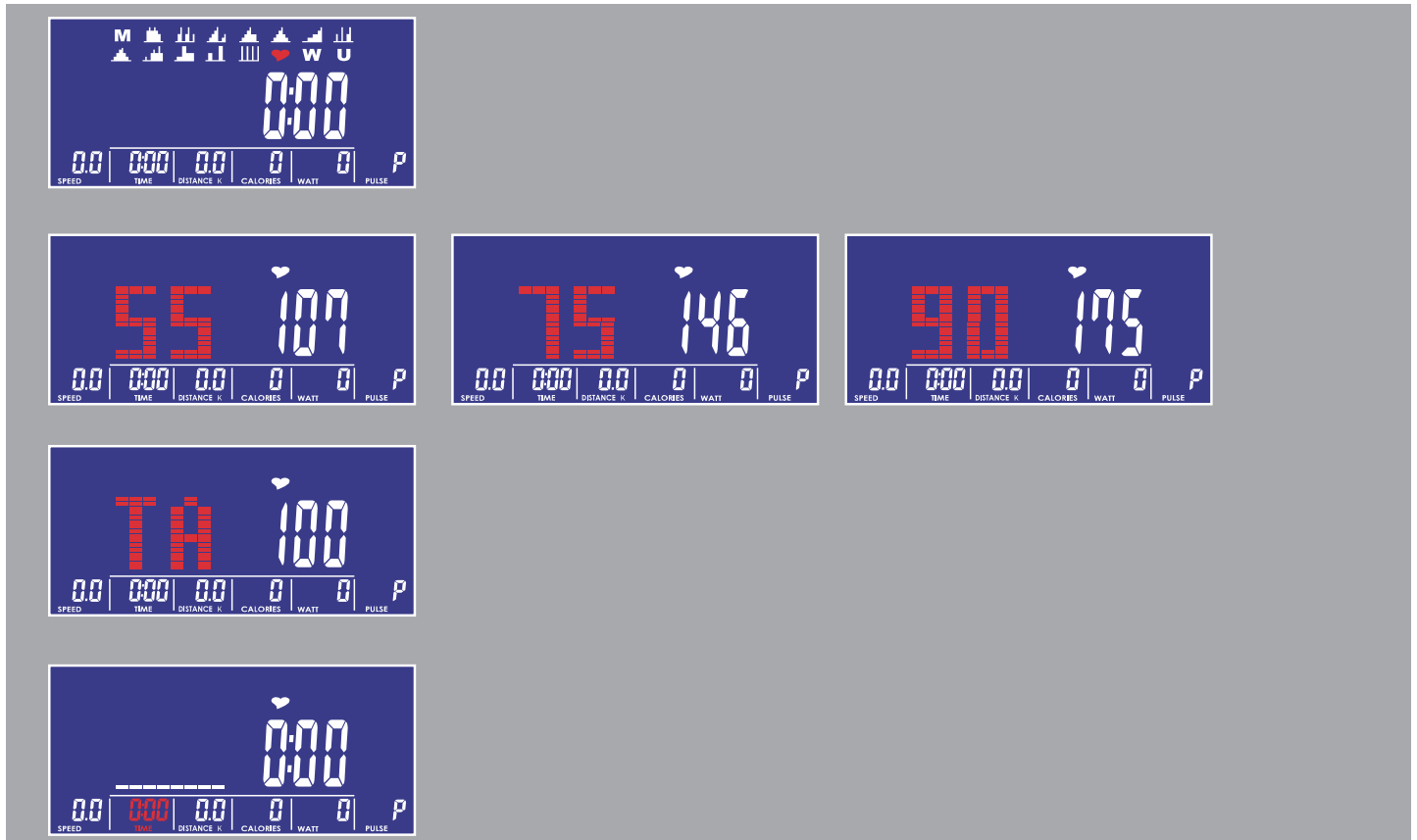
4. Manual mode

- (1) When you are in manual mode you can increase or decrease the resistance with the rotary knob.
- (2) By pressing "START", you can increase or decrease the distance, time, calories and pulse. For example, you can select 10 minutes, the time will then expire. This allows you to set up a 10-minute workout.



5. Program mode

- (1) Press and hold "RESET" until the device beeps.
- (2) Select USER 1-4 by pressing the round button. Press and hold until the screen appears as shown in the drawing above. The M of MANUAL flashes now. By turning the round button you can select a program.
- (3) Press the round button to select a program. With one more push on the button you set the level of difficulty of the program by turning it then. The time will flash after pressing the button. You can now set the time by turning the knob. Select the desired time and press "START" to start the program.



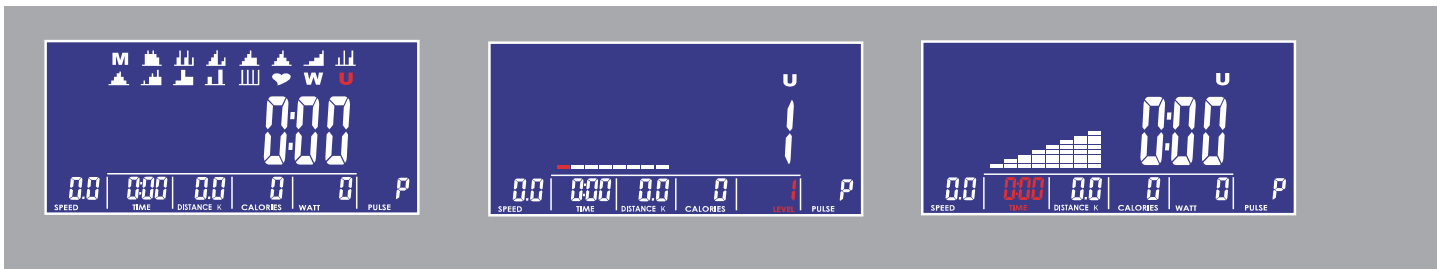
6. H.R.C mode heartbeat

- (1) The user can select 55%, 75%, 90% and target values by turning the button. TARGET can be set to not exceed a certain value. For example, you set the at 80 heartbeats per minute and you come above it, the device starts beeping. Note: the heart rate measurement should not be used for medical purposes and is only an approximation.
- (2) Start the device. Press the round button to set USER 1-4, then turn to the heart symbol in the start screen. Press the round button. Turn the knob to select. Press the button to choose. Time can then be set by turning en pressing the button. Press "START" to start.



7. WATT mode

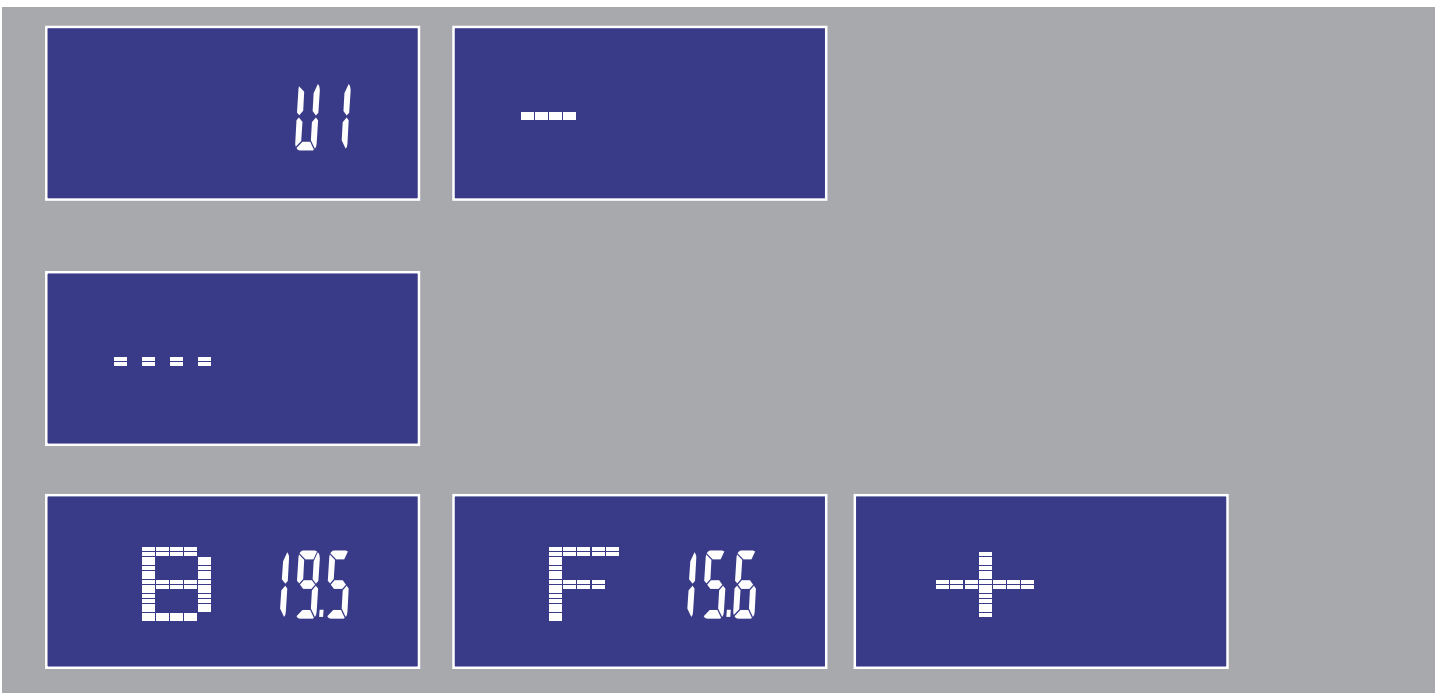
- (1) You can adjust the WATT values by turning the knob. You can also set the time by pressing once again.
- (2) Press "START" to start training. WATT can be adjusted while training. You can enter a maximum value. If you exceed this value, the device starts top beep.



8. User program

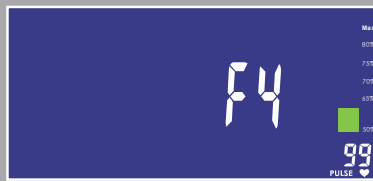
In this mode you can create a program yourself.

- (1) Press and turn the round knob and select "U".
- (2) Press and turn the knob and change the resistance per bar.
- (3) Press "START" to begin. Press "START" again to adjust the time by turning the knob. Press "START" again to resume. The resistance will change automatically as you have set it.



9. Body fat mode

- (1) Press "BODY FAT" button. Then you select U1-U4 to choose your user program which you can change when starting or resetting the device.
- (2) After selecting, you can put your hands on the heart rate sensors on the handlebars.
- (3) After a few seconds, an approximation of your BMI (B) and your fat percentage (F) will appear.



1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

10. Recovery mode

This mode measures how quickly you recover from a workout.

- (1) Make sure the device measures your heart rate during training. When you do a heart rate measurement during your training press "RECOVERY".
- (2) Time and heart rate are displayed. The time counts down from 60 seconds and the current heart rate is displayed. You do not have to cycle.
- (3) The faster your heart rate decreased, the better your condition.

Note: This is an estimate. The results should not be used for medical purposes.



Download iConsole+ app in App Store or Google Play.

Turn on Bluetooth on tablet or smartphone, search for console device and press Connect. Turn on iConsole+ app on tablet or smart phone, and press connect to start workout with tablet. (password: 0000)

NOTE:

1. Once console is connect to tablet or smart phone, the console will power off.
2. Please exit iConsole app and turn off the Bluetooth, then the console will power on again.

Support iOS devices:

iPod Touch (5th generation), iPod Touch (4th generation), iPod Touch (3rd generation), iPhone 6+,

iPhone 6, iPhone 5S, iPhone 5, iPhone 4S, iPhone 4, iPhone 3GS, iPad Air2, iPad Air, iPad 4, iPad 3, iPad 2 iPad, iPad Min3, iPad Min2, iPad Min

Support iOS 5.1.1 or above

“Made for iPod,” “Made for iPhone,” and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.

Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

Support Android devices:

Android tablet OS 4.02 or above

Android tablet resolution 1280X752 pixels

Android phone OS 2.2 or above

Android phone resolution 800X1280 pixels

720X1280 pixels 480X800 pixels

NOTE:

Android is available in English, German, Traditional Chinese, Simplified Chinese.

iOS is available in English, Simplified Chinese. The users can select their prefer language under those options, otherwise all others would display in English.

FAT BURNING

The body start to burn fat at approximate 65% of the maximum pulse rate.

To reach an optimum at burning rate, it is advisable to keep the pulse rate between 70%- 80% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:

One 52 years of age to start exercising. Max rate = $220 - 52(\text{age}) = 168$ pulse/min.

Min rate = $168 * 0.7 = 117$ pulse/min.

Highest rate = $168 * 0.85 = 143$ pulse/min.

During the first weeks it is recommended to start with a pulse rate of 117, afterwards increase it to 143. With increasing improvement of fitness, the training intensity should be increased to 70%- 85% of your maximum pulse rate.

This can be done by increasing the pedaling resistance, by suing a higher paddling frequency or with longer training periods.

AGE	FC MAX	60% MAX	65% MAX	70% MAX	75% MAX	80% MAX	85% MAX
20	200	120	130	140	150	160	170
25	195	117	127	137	146	156	166
30	190	114	124	133	143	152	162
35	185	111	120	130	139	148	157
40	180	108	117	126	135	144	153
45	175	105	114	123	131	140	149
50	170	102	111	119	128	136	145
55	165	99	107	116	124	132	140
60	160	96	104	112	120	128	136
65	155	93	101	109	116	124	132
70	150	90	98	105	113	110	128



SUCCESS

Even after a short period of regular exercises you will realize that you constantly have to increase the pedaling resistance to reach your optimum pulse rate.

The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement you should motivate yourself to exercise regularly. Choose fixed hours for your work out and do not start training too aggressively.

And old saying amongst sportsmen says:

“The most difficult thing about training is to start it.” Wishing you lots of fun and success with your exerciser.



For questions or missing parts please contact your dealer.