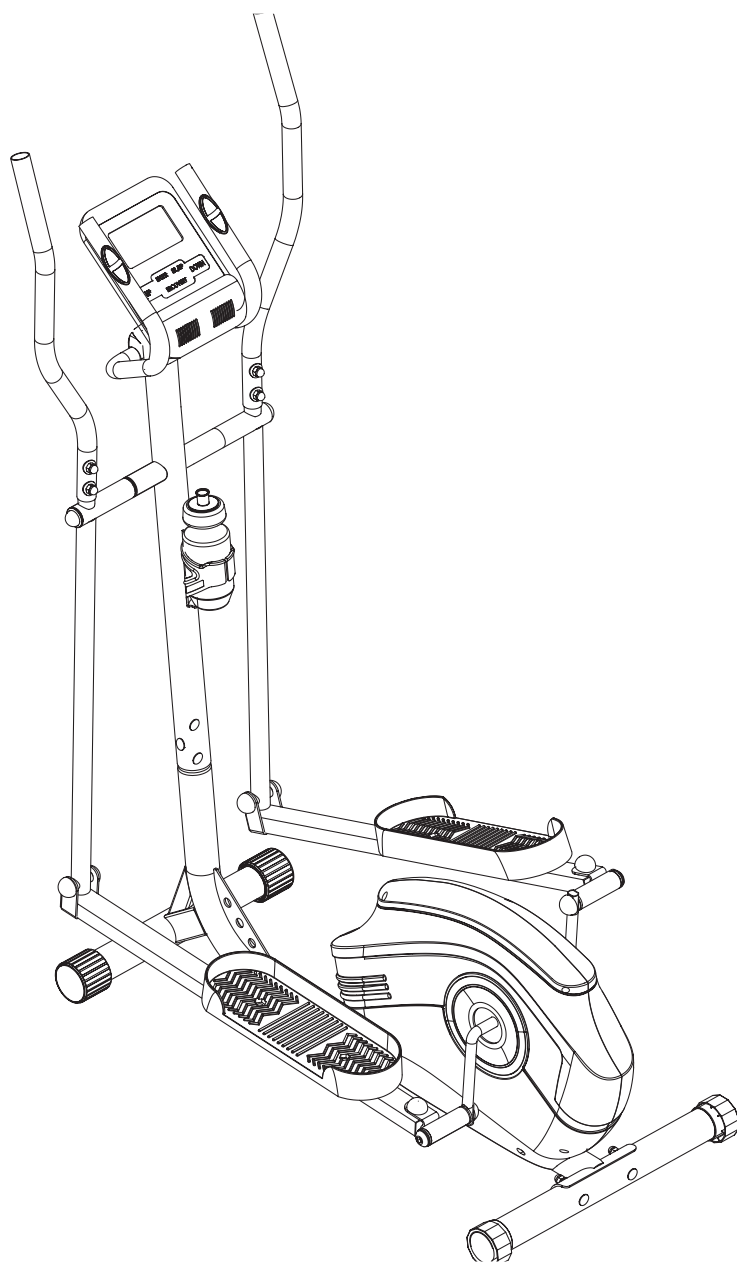


virtuafit

CTR 1.1 Crosstrainer

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).

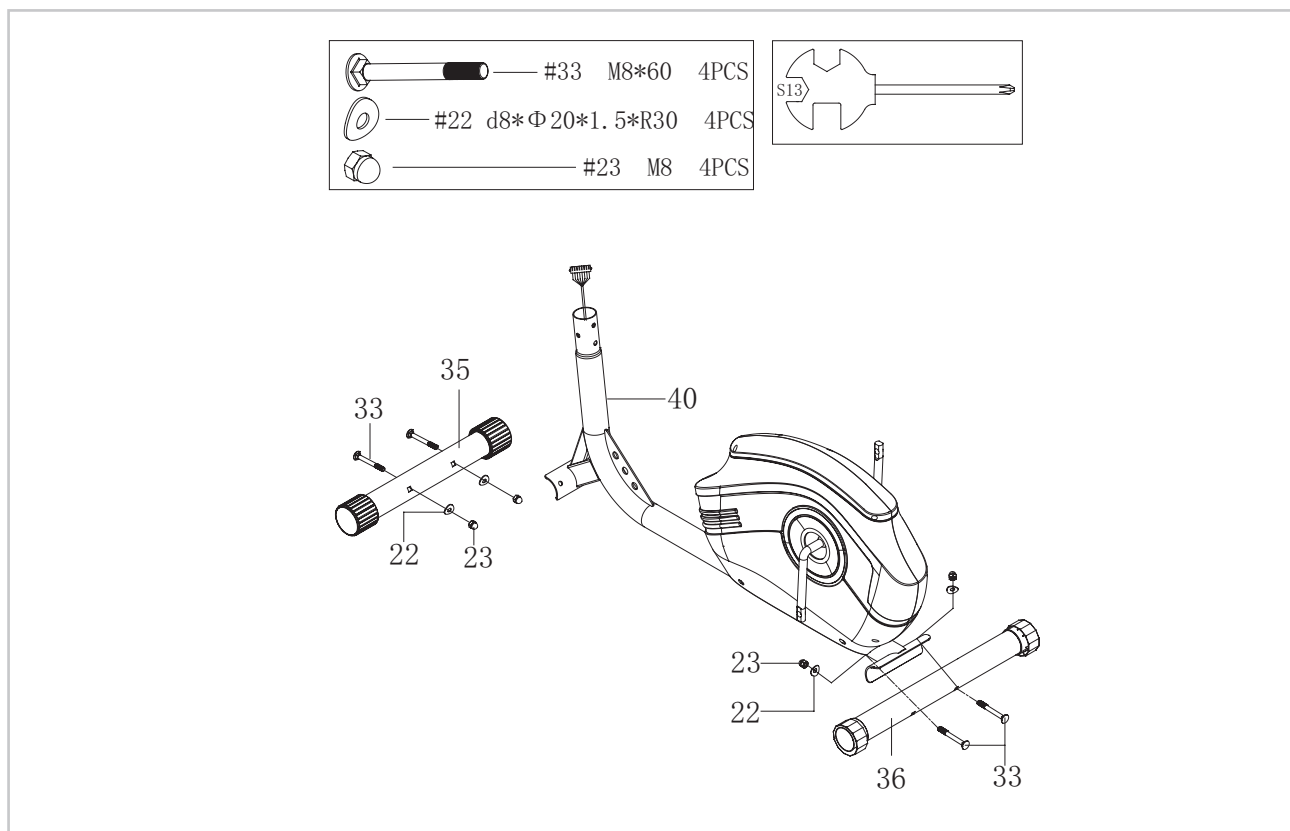
Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the device. Some parts (bolts, screws, etc.) are already attached to/in the device.

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.

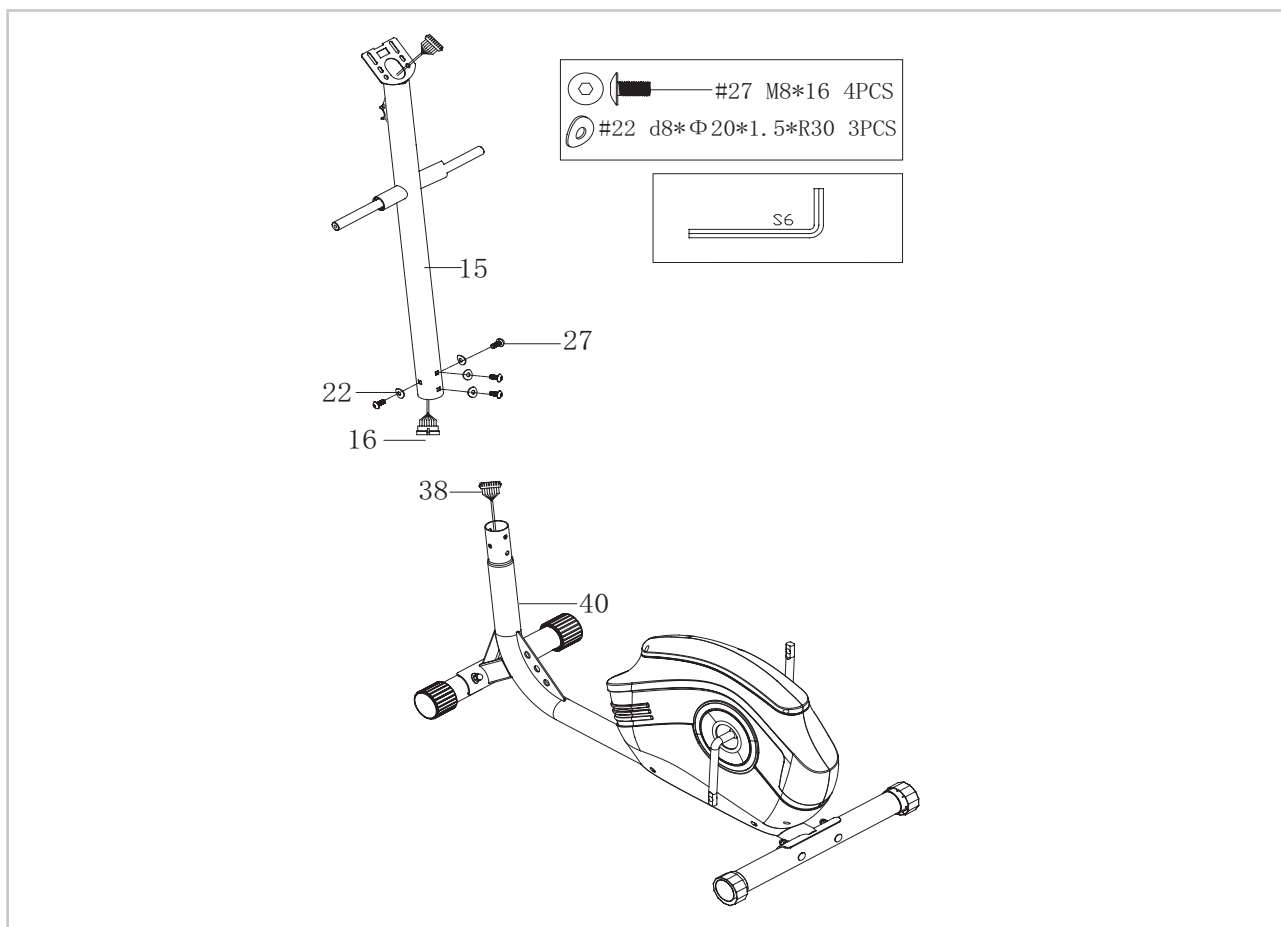
Transport wheels: Make sure that the transport wheels are attached to the front of the appliance.

STEP 1



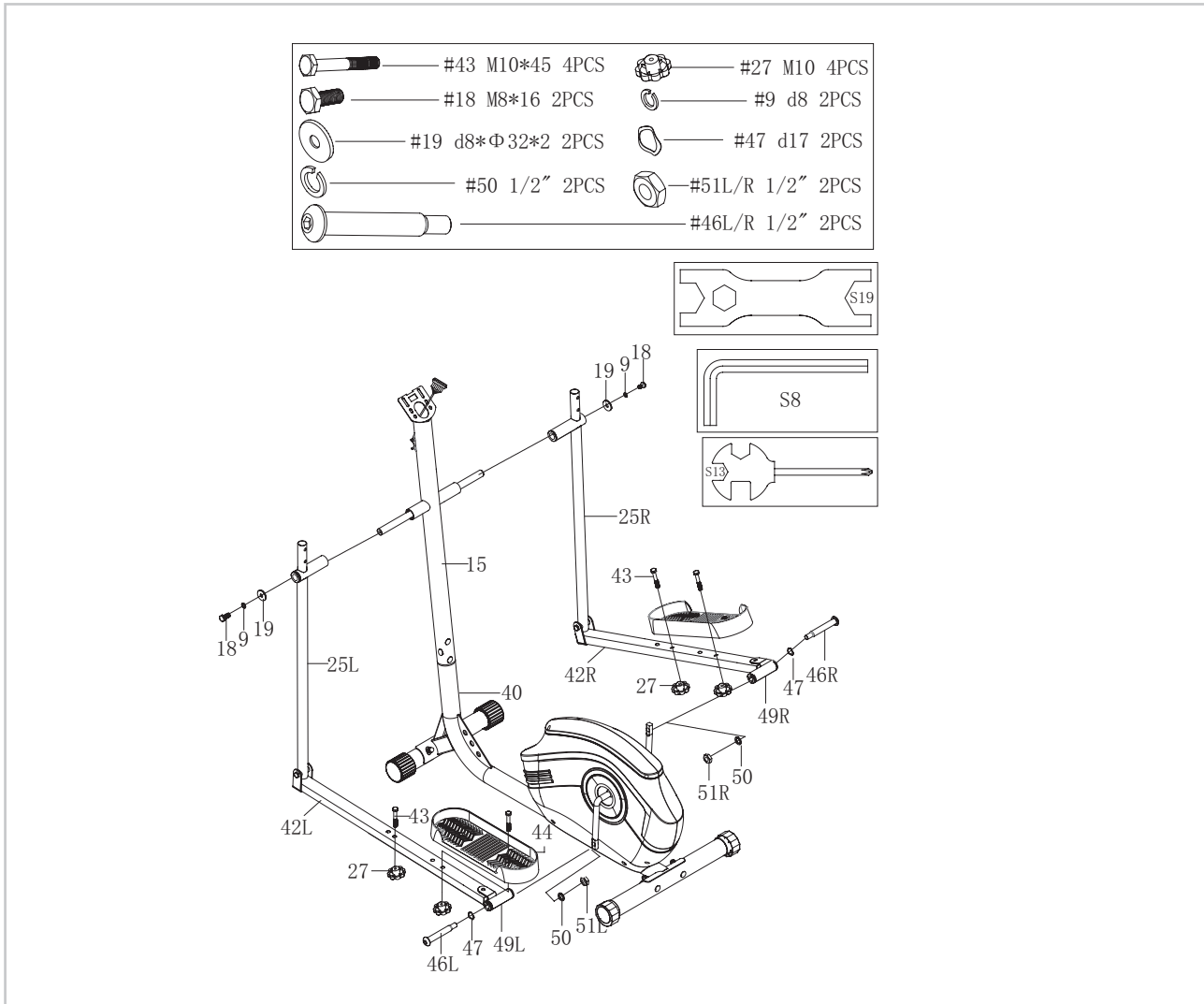
- Attach the Front Stabilizer (35) and the Rear Stabilizer (36) to the Main Frame (40) with Carriage Bolt (33), Domed Nut (23) and Arc Washer (22).

STEP 2



- 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.

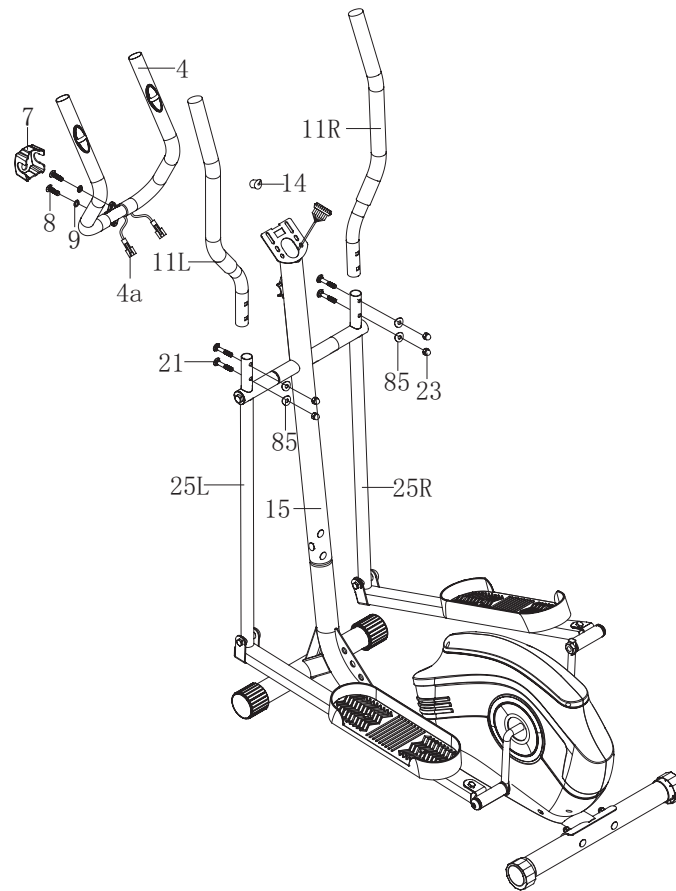
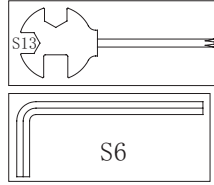
STEP 3



- 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).

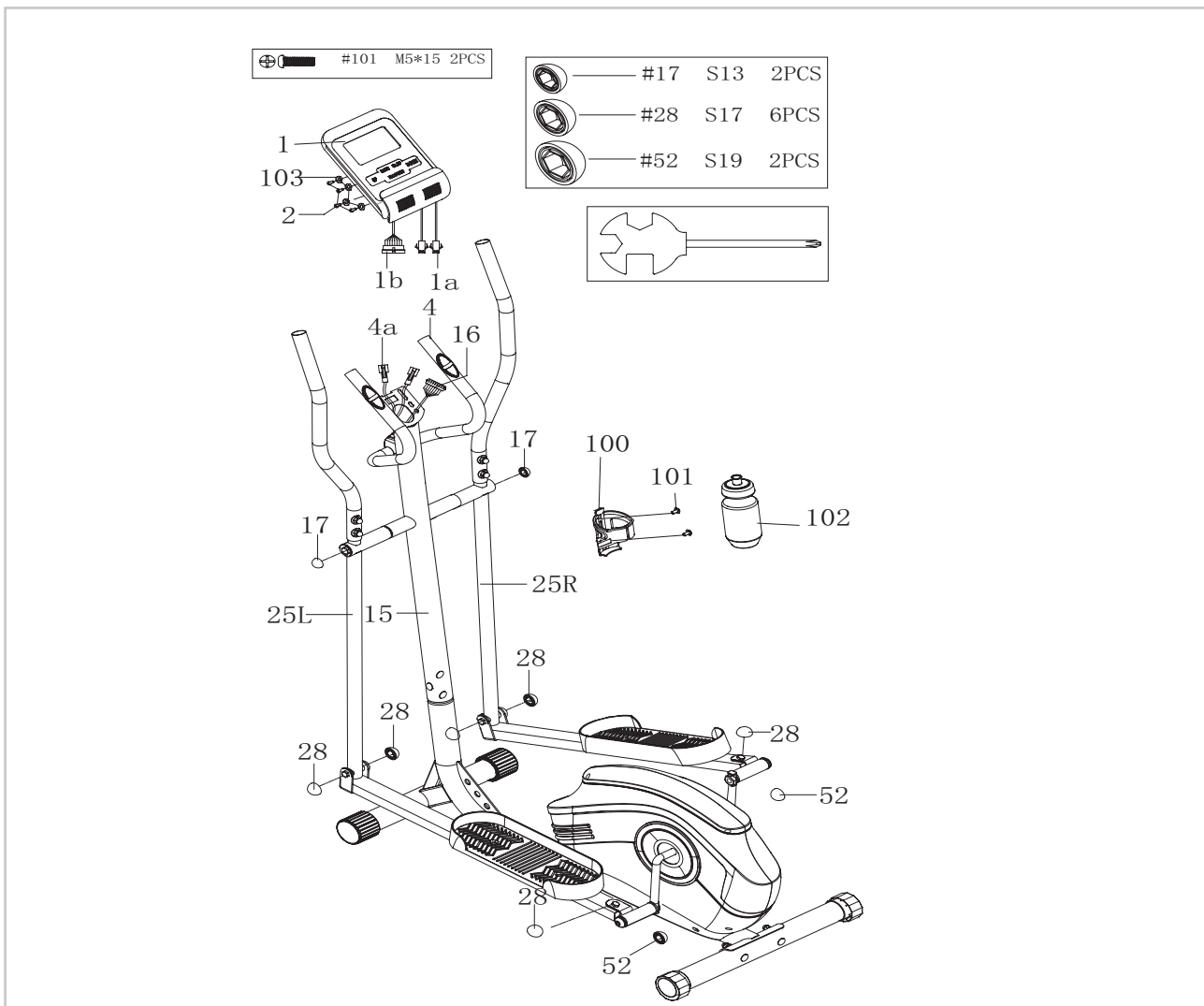
STEP 4

	#21	M8*40	4PCS
	#85	d8*Φ16*1.5*R30	4PCS
	#23	M8	4PCS
	#8	M8*30	2PCS
	#9	d8	2PCS



- Install the Middle handlebar (4) on the Upright Post (15) with bolt (8) Arc Washer (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).

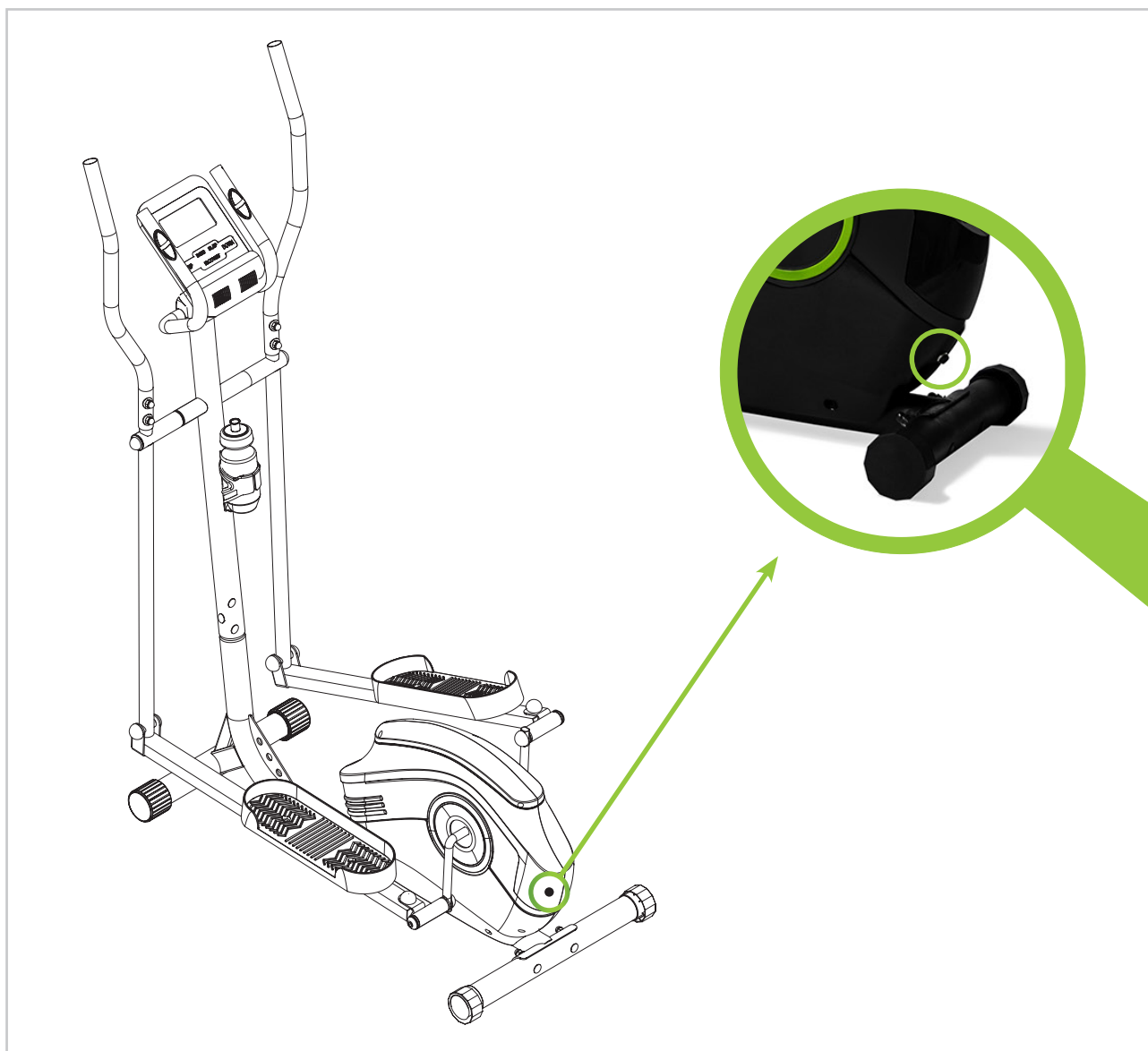
STEP 5



- 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 cap (17) and (28) on the bolts as pictured above.

NOTE! Make sure that all nuts and bolts are tight before you start training. The end cap of the front stabilizer tube is movable, making it easier for you to move the Crosstrainer.

ADAPTER



- The adapter connection is located on the back of the device (see illustration). Attach the adapter to the adapter connection and connect to the power supply. You can now use the elliptical trainer.

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.

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.

The device beeps

If necessary, lubricate parts with silicone spray. Check that all nuts and bolts are tightened. It may be that a screw is too loose or too tight, this creates friction and makes the device appear to beep. If this is the case, try to find out exactly where the beep comes from and then tighten or loosen this screw. It must always be possible to loosen the screws with your hands. If this is not possible, the screw is too tight.

No resistance

First check whether you can hear the motor running. You will hear the motor running briefly when you increase or decrease the resistance. If you hear the engine running, all electronics are in order, but the V-belt is probably over. You can then open the housing and put the V-belt back on it. If you do not hear the motor running, it is possible that the motor or the display is defective. First check whether the cable running upwards in the pipe is still properly connected.

Ticking sound

It is possible that the flywheel (in the housing) comes against a cable with each pedaling movement. This may be disturbing but will not permanently damage your crosstrainer. To fix this, open the housing and move the cable or fix it with for example a tie wrap.

Heart rate display is not functioning

There can be various reasons for this:

- The sensor cables that run from the heart rate sensor to the display are not properly installed or have become detached during use.
- The sensors may become damp, dirty or greasy. So you have to clean them regularly.

The console is not working

If there is no signal when pedaling, check if the cable is properly attached.

CONSOLE



BUTTON	EXPLANATION
(1) ENTER	<p>In "STOP" mode, press "ENTER" button to enter into program selection and setting value which flash in related window.</p> <ul style="list-style-type: none"> • 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. • When in setting, press "ENTER" to confirm the value that you would like to preset.
(2) START/ STOP	<p>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.</p>

BUTTON	EXPLANATION
(3) UP	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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.

EXPLANATION

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.

PROGRAM SELECT AND VALUE SETTING

Manual Program and Preset Program P1~P10

1. Press UP, DOWN button to select the program that you like.
2. Press ENTER button to confirm the selected program and enter time setting window.
3. The time will flash, and then press UP, DOWN button to set up your desired time. Press ENTER to
4. confirm the value.
5. The distance will flash, and then press UP, DOWN button to set up the desired distance value.
6. Press ENTER to confirm the value.
7. The calories will flash, and then press UP, DOWN to set up the desired
8. calories to be consumed. Press ENTER to confirm the value.
9. Press START/ STOP to begin exercise.

WATT CONTROL PROGRAM(WATT PRO:P16)

1. Press UP, DOWN to select the watt control program.
2. Press ENTER to confirm the selected watt control program, and enter into time setting window.
3. The time will flash, and then press UP, DOWN button to set up the desired time,. Press ENTER to confirm the value.
4. The distance will flash, and then press UP, DOWN button to set up the desired distance value.
5. Press ENTER to confirm the value.
6. 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.
7. 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.
8. Press START/STOP to begin exercise.

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.

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

TIME	25	PULSE
0:00		P
DIST. M		LEVEL
0.0		1
		PULSE PRO

3. The time will flash, and then press UP, DOWN button to set up the desired time. Press ENTER to confirm the value.
4. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
5. 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.
6. The age will flash, and then press UP, DOWN button to set the user's age. Press ENTER to confirm the value.
7. When the target heart rate control program flash, the computer will display the user's target heart rate according to user's age.
8. 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.

1. Press UP, DOWN button to select TARGET HEART RATE program.
2. Press ENTER to confirm your choice and enter time setting window.
3. 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.
4. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
5. 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.
6. 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.
7. Press START/STOP to begin exercise.

USER PROFILE PROGRAMS: CUSTOM 1 - CUSTOM 5 (P11-P15)

1. Press UP, DOWN button to select the user.
2. Press ENTER to confirm your choice, and enter into time setting window.
3. 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.
4. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.

5. 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.
6. 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.
7. Press START/STOP to begin exercise.

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:

1. 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.
2. Press RECOVERY to enter the pulse recovery test and the computer program will enter the stop status.
3. Keep pulse detecting.
4. Time will count down from 60 seconds to 0 second.
5. When time reaches 0, the test result (F1-F6) appears on the display.

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

6. 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.

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.*
- *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

The 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

ADAPTER

iINPUT: AC 230V

OUTPUT: 8 VDC 500mA

PROGRAMS

1 MANUAL PROGRAM

TIME	SPEED	PULSE
0:00	0.0	P
IST. M		LEVEL
0.0		6
MANUAL		

10 PRESET PROGRAM PROFILE (PROGRAM: P1-P10)

TIME	P1	PULSE
0:00		P
DIST. M		LEVEL
0.0		4
PROGRAM		

TIME	P2	PULSE
0:00		P
DIST. M		LEVEL
0.0		12
PROGRAM		

TIME	P3	PULSE
0:00		P
DIST. M		LEVEL
0.0		2
PROGRAM		

TIME	P4	PULSE
0:00		P
DIST. M		LEVEL
0.0		4
PROGRAM		

TIME	P5	PULSE
0:00		P
DIST. M		LEVEL
0.0		2
PROGRAM		

TIME	P6	PULSE
0:00		P
DIST. M		LEVEL
0.0		4
PROGRAM		

TIME	P7	PULSE
0:00		P
DIST. M		LEVEL
0.0		6
PROGRAM		

TIME	P8	PULSE
0:00		P
DIST. M		LEVEL
0.0		6
PROGRAM		

TIME	P9	PULSE
0:00		P
DIST. M		LEVEL
0.0		3
PROGRAM		

TIME	P10	PULSE
0:00		P
DIST. M		LEVEL
0.0		6
PROGRAM		

- P1: ROLLING
- P2: VALLEY
- P3: FATBURN
- P4: RAMP
- P5: MOUNTAIN

- P6: INTERVAL
- P7: CARDIO
- P8: ENDURANCE
- P9: SLOPE
- P10: RALLY

1 WATT CONTROL PROGRAM (WATT PRO: P16)

TIME	P16	PULSE
0:00		P
DIST. M		LEVEL
0.0		6
PROGRAM		WATT PRO

4 HEART RATE CONTROL PROGRAM (PULSE PRO: P17-P20)

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

TIME	P17	PULSE
0:00		P
DIST. M		LEVEL
0.0		1
PROGRAM		PULSE PRO

TIME	P18	PULSE
0:00		P
DIST. M		LEVEL
0.0		1
PROGRAM		PULSE PRO

TIME	P19	PULSE
0:00		P
DIST. M		LEVEL
0.0		1
PROGRAM		PULSE PRO

TIME	P20	PULSE
0:00		P
DIST. M		LEVEL
0.0		1
PROGRAM		PULSE PRO

5 USER SETTING PROGRAMS: CUSTOM1 TO CUSTOM 555P11-P15)

TIME	P 11	PULSE
0:00		P
DIST. M		LEVEL
0.0	U 1	1

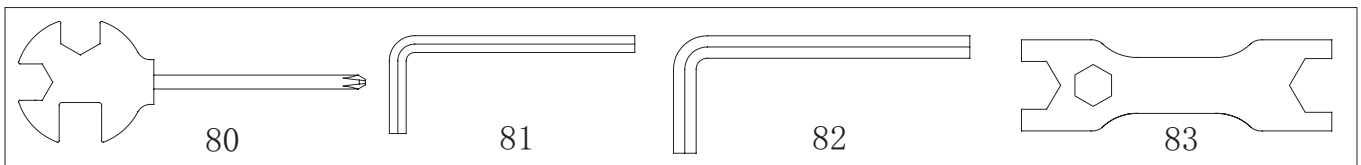
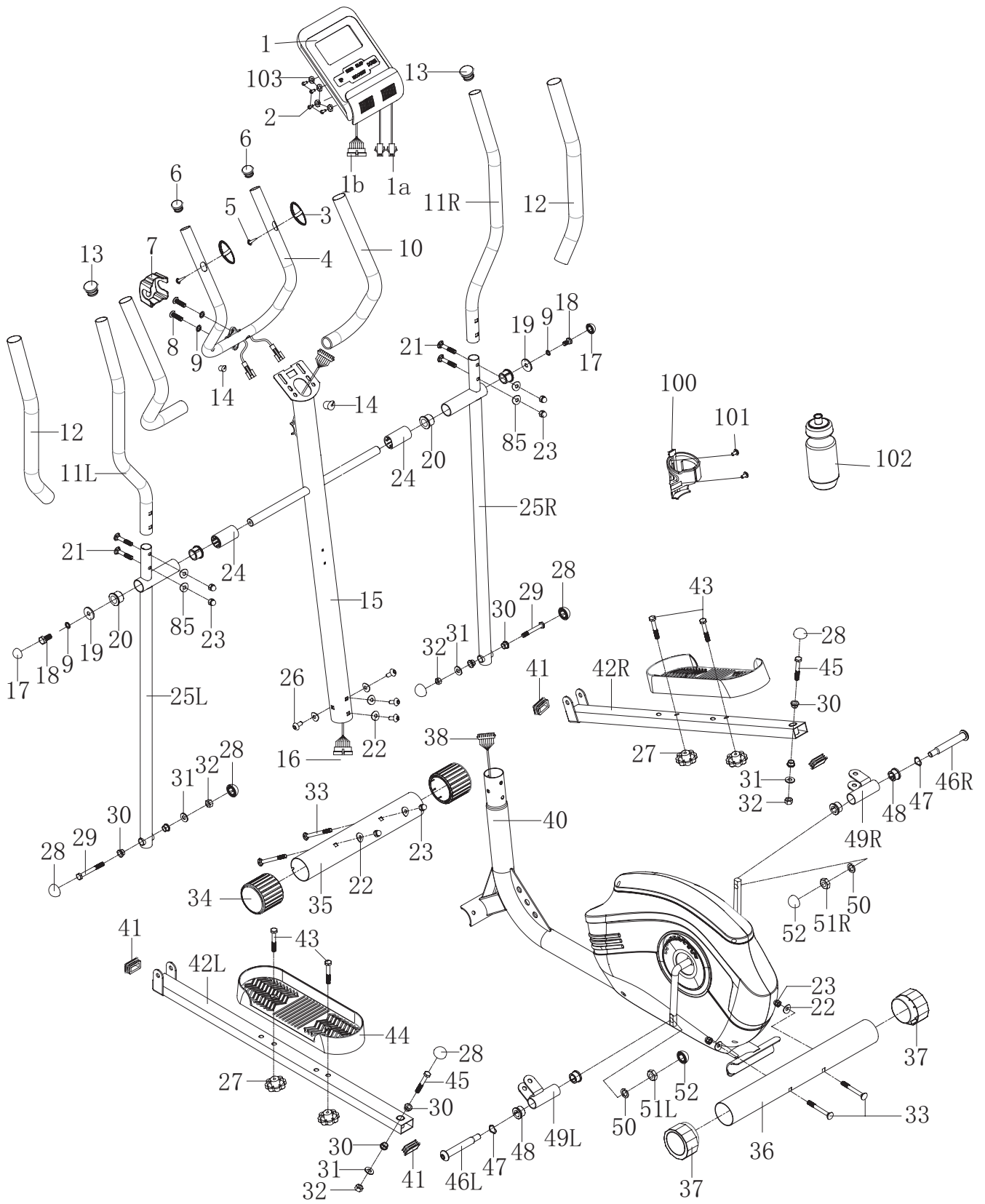
TIME	P 12	PULSE
0:00		P
DIST. M		LEVEL
0.0	U 2	1

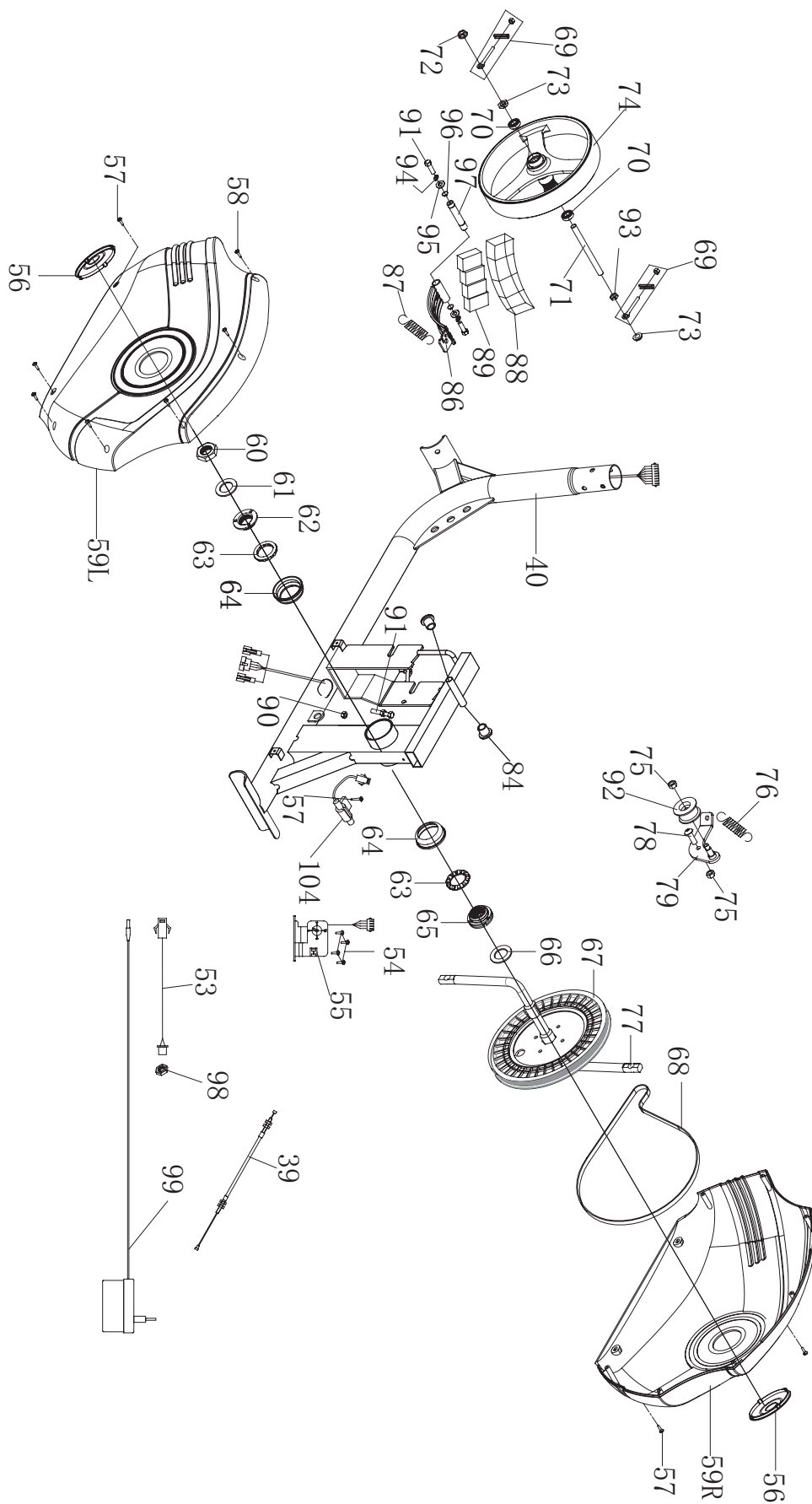
TIME	P 13	PULSE
0:00		P
DIST. M		LEVEL
0.0	U 3	1

TIME	P 14	PULSE
0:00		P
DIST. M		LEVEL
0.0	U 4	1

TIME	P 15	PULSE
0:00		P
DIST. M		LEVEL
0.0	U 5	1

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 turn the loading resistance to the minimum. Once you press any button or in motion, the computer will turn on automatically.





#	DESCRIPTION	QTY
01	Computer	1
02	Screw M5	4
03	Pulse	2
04	Middle Handlebar	1
05	Screw ST4x19	2
06	End cap φ25	2
07	Small cover	1
08	Bolt M8x30	2
09	Arc Washer D8	4
10	Foam grip	2
11	Handlebar (L / R)	2
12	Foam grip	2
13	End cap φ28	2
14	Stoppie φ12.6Xφ6	2
15	Upright post	1
16	Wire	1
17	End cap S13	2
18	Bolt M8x16	2
19	Washer D8Xφ32X2	2
20	Bushing φ32Xφ19X28	4
21	Bolt M8x40	4
22	Arc washerD8Xφ20X1.5XR30	8
23	Domed Nut M8	8
24	Plastic insert	2
25	Lower handlebar (L / R)	2
26	Bolt M8x16	4
27	Knob M10	4
28	End cap S17	6
29	Bolt M10x60	2
30	Bushing φ14x12.5Xφ10.1	8

#	DESCRIPTION	QTY
31	Washer D10Xφ20x2	4
32	Nylon nut M10	8
33	Carriage Bolt M8X60	4
34	End cap φ50	2
35	Front stabilizer	1
36	Rear stabilizer	1
37	End cap φ50	1
38	Sensor	1
39	Tension control cable	1
40	Main frame	1
41	End cap J40X25	4
42	Pedal tube (L / R)	2
43	Bolt M10X50	4
44	Pedal	2
45	Bolt M10X50	2
46	Bolt (L / R) 1 / 2	2
47	Arc Washer D17	2
48	Bushing φ24X20Xφ16.1	4
49	U bracket	2
50	Spring washer 1 / 2"	2
51	Nylon nut (L / R) 1 / 2"	2
52	End cap S19	2
53	Power line connection	1
54	Crosshead screw M5*15	1
55	Motor	1
56	Crank cover	2
57	Crosshead screw ST4.2*16	5
58	Crosshead screw ST4.2*19	12
59	Chain cover (L / R)	1
60	Nut	1

#	DESCRIPTION	QTY
61	Washer	1
62	Left collar housing	1
63	Collar ball	1
64	Collar housing	2
65	Right collar housing	1
66	Washer	1
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

#	DESCRIPTION	QTY
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	Strap ring d12	2
97	Axle of magnetic board	1
98	Hexagon nut	1
99	Adapter	1
100	Bottle holder	1
101	Crosshead screw M5*15	2
102	Bottle	1
103	Washer d5	4
104	Sensor	1

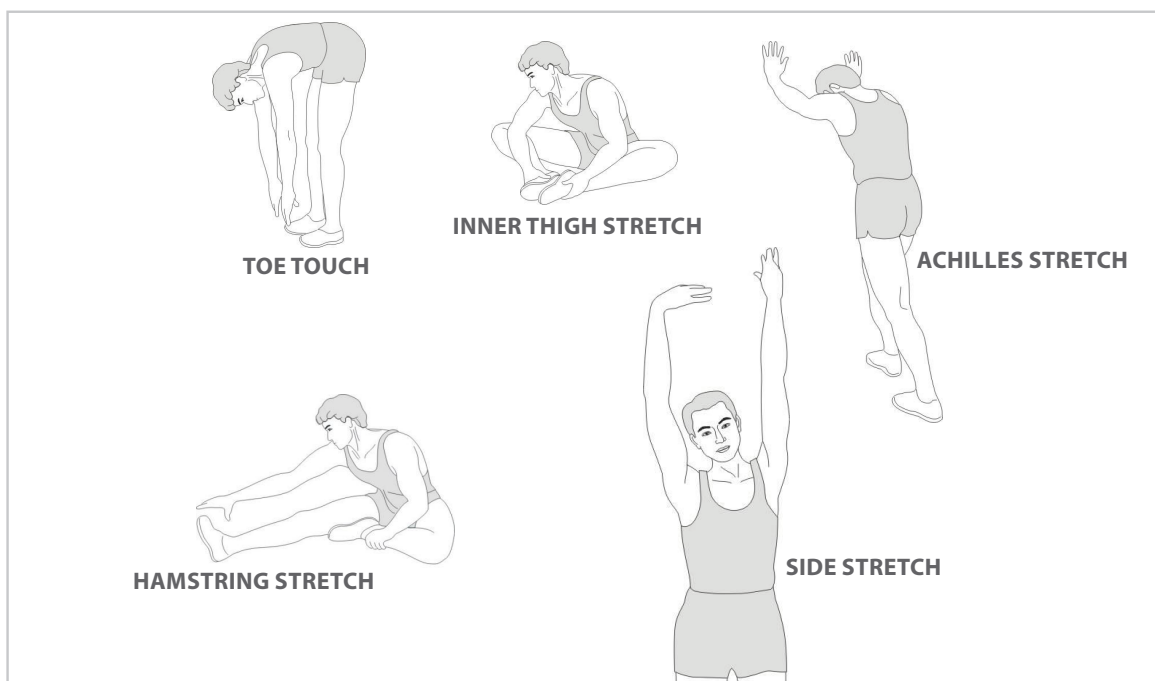
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.